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seventeen

June 2007

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Fergie

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Get Fergie's cover look—see page 14!

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seventeen reader reward

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FERGIE: GEORGE HOLZ. "GORGEOUS MAKEUP" PHOTO: SARAH SILVER. STILL LIFES: (EYELINER SWIRL) JAY MUCKLE/STUDIO D.; (FLIP-FLOPS) KEN SWEENEY/STUDIO D.

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SEVENTEEN.COM/ PLAYLIST

DJ AM'S ULTIMATE SONGS OF SUMMER!

DJ AM picked 100 songs exclusively for *Seventeen* readers! Download them all (or just your faves) at seventeen.com/playlist. His picks start here!

DR. DRE AND SNOOP DOGG
"Nuthin' But a 'G' Thang"

MICHAEL JACKSON
"Wanna Be Startin' Somethin'"



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*"FIND LOVE THIS SUMMER" AND "WORK THOSE LEGS!" PHOTOS: BLOSSOM BERKOFSKY. DJ AM: SETH BROWARNIK/WIREIMAGE.COM. *"WHEN PARTYING GOES TOO FAR" PHOTO: SPLASH NEWS.



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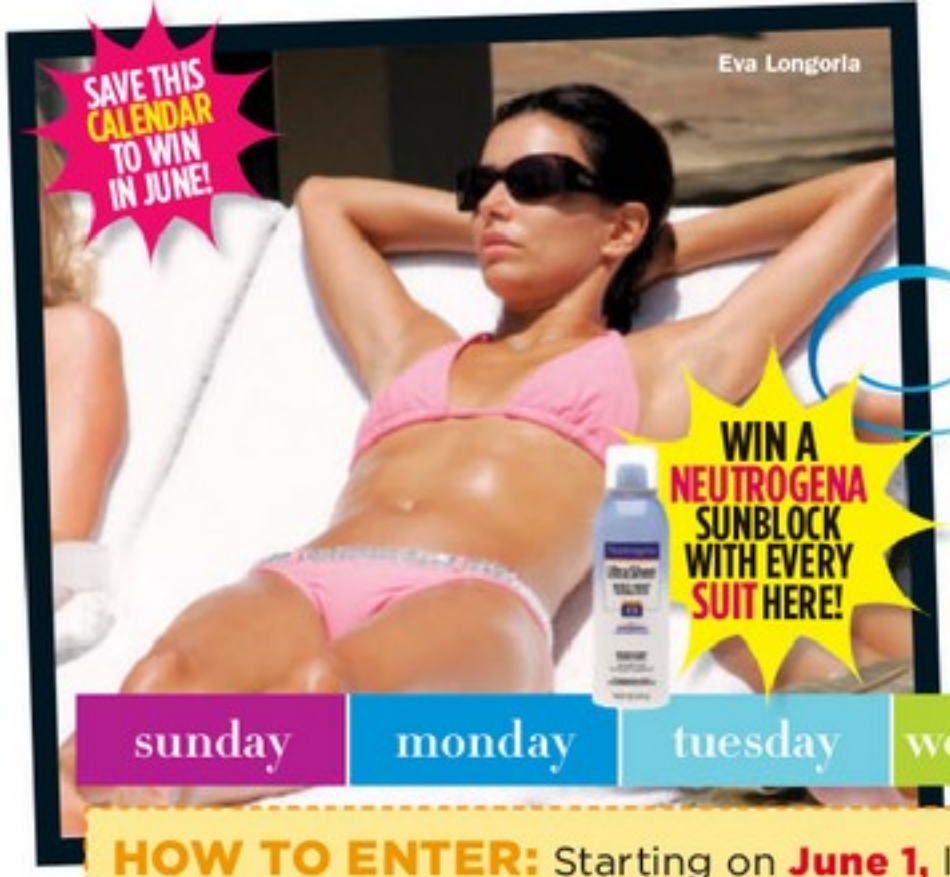
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Want the code? Go to seventeen.com/mobile to join our TXT Club, and we'll text you the secret code on **June 8!**

1

A boy-short bikini from Victoria's Secret PINK
{sporty}

2

A B. Bikini string bikini from dianesbeachwear.com
{plaid}

3

A halter bikini from Ron Jon Surf Shop
{sexy}

4

A Roxy halter bikini from Everything But Water
{polka dots}

5

A Body Glove boy-short bikini from dianesbeachwear.com
{graphic}

6

A halter bikini from Ron Jon Surf Shop
{aqua}

7

A bikini from Victoria's Secret PINK
{lifesaver}

8 WORTH $150!

A Vix halter bikini from Everything But Water
{ }

9

A Rampage string bikini from Everything But Water
{pretty}

10

A Roxy halter bikini from Everything But Water
{jungle}

11

A Lucky Brand tankini from Everything But Water
{chic}

12

A boy-short bikini from Victoria's Secret PINK
{athletic}

13

A Hot Kiss halter bikini from dianesbeachwear.com
{rings}

14

A Hot Kiss skirted bikini from Everything But Water
{boho}

15

A B. Bikini string bikini from dianesbeachwear.com
{hipster}

16

A side-tie bikini from Ron Jon Surf Shop
{wild}

17

A string bikini from Victoria's Secret PINK
{bright}

18

A string bikini from Ron Jon Surf Shop
{triangle}

19

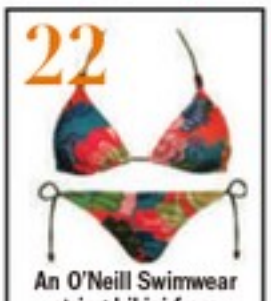
A string bikini from Ron Jon Surf Shop
{funky}

20

A halter bikini from Ron Jon Surf Shop
{solid}

21

A string bikini from Victoria's Secret PINK
{varsity}

22

An O'Neill Swimwear string bikini from dianesbeachwear.com
{sixties}

23

A halter bikini from Ron Jon Surf Shop
{printed}

24

An O'Neill Swimwear halter bikini from dianesbeachwear.com
{floral}

25

A Roxy string bikini from Everything But Water
{surfer}

26

A halter bikini from Ron Jon Surf Shop
{neutral}

27

A string bikini from Ron Jon Surf Shop
{classic}

28

A Hurley Swim string bikini from dianesbeachwear.com
{knit}

29

A halter bikini from Victoria's Secret PINK
{poppy}

30

An L. Space halter bikini from Everything But Water
{high waist}

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Hi!

It's safe to say that we have the **best swimsuits *ever*** in this issue! (Okay, I'm a little biased, but still!) As you're turning the pages, don't you imagine what each one will look like on you and **fantasize** about how hot you'll look on the beach or at the pool? It's okay to admit it—we all do it!

45% of *Seventeen* readers would rather go to the dentist than try on swimsuits!

So why is it so hard to hold on to that **confidence** when you actually step outside in your cute suit? We're so quick to grab a towel or to lie down really fast so no one catches a glimpse of us from behind. The second we see another girl who looks great in her swimsuit, this voice inside our head starts telling us that there's no way we're as **hot** as she is, so we might as well put on a tank and shorts. That sucks.

There's no sense in telling you that you *do* look amazing—you wouldn't believe me anyway. But **I have one trick** I learned to help turn down the volume on that negative voice. Instead of obsessing about every bump you think shouldn't be there or every spot that you wish looked different, **force yourself** to pay attention to how great it feels to have the sun on your skin and how much fun it is to splash in the water. Every time you want to skip a beach trip, think of all the **silly fun** that you'd miss. It doesn't make the insecurity totally go away, but it drowns it out pretty well. And you don't have to tell your friends you're doing my trick. When you're walking around in your cute suit, ignoring that negative voice, they'll just think, **Wow, she looks pretty great**!

I have a few other tricks (check out my secret beach survival kit below), but what helps *you* feel confident? Tell me at **ann@seventeen.com**.

XOXO—A.

TAKE *seventeen* TO THE BEACH!
Join the 17Mobile club and get cool style tips, fun polls, alerts, and more! Just text SVINFO to 83200 to join.



they must know the trick too!

These girls *radiate* confidence. (Okay, Mena is a little *too* confident!)







my secret CONFIDENCE KIT



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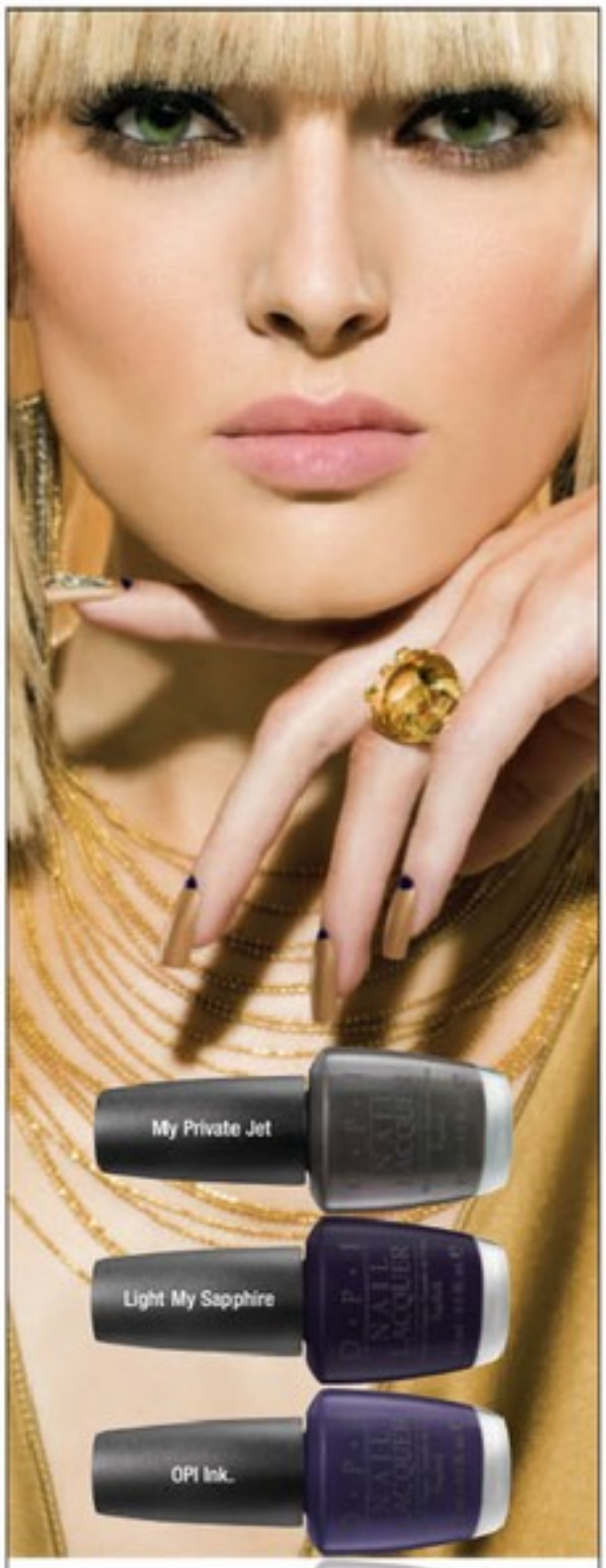
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Laetitia Casta is wearing Colour Juice Lip Gloss in Berry Burst and True Match Makeup in N3 Natural Buff.

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FERGIE
"Glamorous"

try: Revlon ColorStay Pressed Powder in Medium, $10, drugstores

get fergie's cover look

Want to get her Fergalicious summer glow? All it takes is a few key beauty products (and some glamorous accessories)!

try: Revlon Super Lustrous Lipstick in Champagne on Ice, $8, drugstores



WIN!



Fergie's earrings are one of a kind, but we found almost an exact match—for cheap!

earrings Giriprops, $13, giriprops.com

try: Revlon Luxurious Color Eyeliner in Black Velvet, $10, drugstores

WEB EXTRA
Find out how Fergie earns guys' respect when you join our TXT club! Text SVTXT to 83200. You'll receive a text message with a secret URL on June 19.

try: Revlon Cream Blush in Not So Nude, $10, drugstores

behind the scenes

COVER GIRL: Fergie (aka Stacy Ferguson)
FLYING SOLO: This summer she'll be touring without The Black Eyed Peas, so she can promote her solo album, *The Dutchess*. Go to seventeen.com/dutchess to find out how to get tickets to one of these exclusive VIP shows.
SPIN CITY: An on-set DJ kept the mood light by playing a little Justin Timberlake, Kanye West, and Michael Jackson—he even mixed in "Glamorous" from Fergie's album!
RAW TALENT: Fergie and her stylist were in the mood for a "raw food" lunch. The meals are made with veggies that are cooked at a temperature below 118 degrees.



A quick touch-up during the shoot.



She loved this shot so much that she gave it to her boyfriend, Josh Duhamel, as a belated Valentine's Day card!

WIN! GO TO SEVENTEEN.COM/FREEBIES OR PAGE 141 FOR DETAILS.

FERGIE: GEORGE HOLZ. ON FERGIE (MAIN): DRESS, BCBG MAX AZRIA. STILL LIFES: (PRESSED POWDER AND EARRINGS) JAY MUCKLE/STUDIO D; (BLUSH AND EYELINER SWIRL) LISA SHIN; (LIPSTICK) JESUS AYALA/STUDIO D.


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what you think!

We hear you: See your e-mails about the April issue that really got *us* talking!



ROCKIN' AVRIL



I was really shocked to see Avril on the cover. I just never pictured her as the **role-model** type—she seemed so rebellious and **rude.** Reading the interview was really eye-opening, and I found myself feeling as if she were speaking to me. She seems **down-to-earth,** and I've totally changed my mind about her. I'm glad *Seventeen* let her talk instead of allowing other media to do the talking for her.

–stefany, 16, centreville, va



WTF?! Avril Lavigne as your cover girl? Talk about a **washed-up,** hypocritical sellout! Her music wasn't that good before—now she sounds like a **cheap,** punked-out version of Hilary Duff!

–brittnee, 17, brentwood, ca

YOUNG LOVE



I thought that your article "*Seventeen*'s Guide to Guys" was slightly **misleading.** Sure, it was good advice, but I think that it wasn't completely **accurate.** I'm 15, and I have a lot of guy friends. Let me tell you, they are not nearly as **romantic** as you made them seem! All they want to talk about—and get from a girl—is the physical stuff. The emotional part just hasn't caught up with them yet. They'll **mature** sooner or later, but they're just not there *yet* at that age.

–jennifer, 15, lincolnshire, il

THINK, THEN INK



I really appreciated the article "'My Tattoo Nearly Ruined My Life.'" When I turned 16, I was so **eager** to get a tattoo at the nearest parlor. I knew it was possible to get an infection, but I didn't think it could happen to me, and I never knew it could get as **bad** as [Courtney's did] in your story. After reading about the danger of getting a

COMMENT OF THE MONTH

CARLA



3/12/07 4:21 P.M.

"I love the new seventeen.com! When I first logged on, I thought I had the wrong address. It looks so good, and I had fun playing with all the new tools. Keep up the good work!"

(myspace.com/ccthadiva)

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LAVIGNE: GEORGE HOLZ.

tattoo done by someone other than a **professional,** I slowed *way* down and followed your tips for finding a **safe** and approved parlor. I haven't gotten mine done yet, but thanks to your great suggestions, I know that when I do, I'll feel comfortable with my decision!

–clarissa, 16, hamilton, nj

SOBER UP

I was very **happy** to read the article "The Dangers of Binge Drinking" and to see that you're making teens aware of the fact that drinking too much is very **serious.** But when you gave suggestions on how to have fun at parties without drinking, I think you made a mistake by saying you should fill up your cup with **something** else so people assume you are drinking. I think teens should be *proud* that they're **not** out getting drunk! They should voice their opinion and not have to cover it up.

–stephanie, 15, clarendon, pa



RUNNING OUT



I'm on the cross-country team at my school. Our coach always stresses the importance of training and eating right before races. I was glad to see an article on the **danger** of training past your body's **limit** ["How Training Can Turn Tragic"]. Alex's story is one that should inspire girls to strive to reach their personal **best** at whatever they do, but it should also let them know what can happen when training goes too far.

–louisa, 16, racine, wi

The article about the Female Athlete Triad saved my **life.** I run track and cross-country, and I dance competitively. These past months I was **obsessed** with what I ate—and my weight dropped to 97 pounds. Sometimes in practice I felt like **collapsing.** After reading Alex's story, I realized I needed to eat better if I wanted to be healthy. I saw a nutritionist, and now I feel great!

–alyse, 15, dixon, il

ERASE HATE



I really enjoyed reading the 17 Mission story ["How to Stop Anti-Gay **Violence**"]. Whether individuals are homosexual or straight, **prejudice** should never escalate into violent actions. One of my family members is gay, and I would never want to see him **harmed** because of his sexuality. Thanks for printing a story that truly benefits today's generation!

–michelle, 21, iselin, nj

WEB EXTRA
See your letter in *Seventeen*! Tell us what you think of this issue at seventeen.com/mail.



17 wireless poll

Are you great at telling jokes to guys?

66% yes
34% no





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SEVENTEEN.COM/PLAYLIST
JOURNEY "Don't Stop Believin'"
GIN/WINE "Pony"

fashion

find the perfect swimsuit!

Lost in a sea of swimwear? Help is here! We picked trends and styles to suit *every* body!

WEB EXTRA
Check out 100 more amazing swimsuits at seventeen.com/suits.

WIN!

halter
Sizes XS–L, Rip Curl, top, $36, and bottoms, $32, beckersurf.com

MAIN PHOTO: BLOSSOM BERKOFSKY. SITTINGS EDITOR: JESSICA MORIBER. HAIR: ALEJANDRA FOR PHYTO/ARTISTS BYTIMOTHYPRIANO.COM. MAKEUP: BRET MIEDEL FOR NARS/ARTISTSBYTIMOTHYPRIANO.COM.
STILL LIFES OF SWIMSUITS: JESUS AYALA/STUDIO D. STILL LIFES STYLIST: CHRISTY ALCEBO. SAILBOAT: LHB PHOTO/ALAMY. FLOWER: ANDY WARHOL FOUNDATION/CORBIS.

stripes





triangle top
Sizes XS–L, La Isla Couture, top, $45, and bottoms, $45, laislacouture.com



camouflages a curvy tummy!



high-waist
Sizes S–XL, Colors do Brasil, top, $43, and bottoms, $65, 866-779-5636





great chest support!

halter
Sizes XS–L, Joe Boxer for Kmart, top, $17, and bottoms, $17, Kmart stores





charms
Sizes S–XXL, Arizona by JCPenney, top, $26, and bottoms, $26, JCPenney







string ties
Sizes S–L, Gossip, top, $35, and bottoms, $32, Macy's



vertical stripes lengthen your torso!

one-piece
Sizes 6–14, Leilani, $82, 800-472-4746

WIN!
Win all of the swimsuits in this story! Go to seventeen.com/freebies or page 141 for details.

floral





bows
Sizes XS–XL, Mala, top, $40, and bottoms, $44, malaonline.com





bandeau
Sizes S–L, Poko Pano Swim, $118, pokopanoswim.com



makes a small bust look fuller!



ruffles
Sizes XS–L, Rampage, top, $24, and bottoms, $23, select Macy's





one-piece
Sizes 6–14, Leilani, $76, macys.com



side ties
Sizes S–L, California Waves, top, $30, and bottoms, $30, 800-783-1451



good for curvy hips!



surprisingly sexy!

crisscross
Sizes XS–XL, CeaSwim Swimwear, $75, ravinstyle.com

TURN for more looks!

SEVENTEEN.COM/PLAYLIST
RUN-DMC
"Peter Piper"

skulls



plaid



WIN!
Win all of the swimsuits in this story! Go to seventeen.com/freebies or page 141 for details.



pastel
Sizes S–L, Hot Kiss, top, $44, and bottoms, $40, Everything But Water stores





string
Sizes XS–XL, Cover Style, top, $40, and bottoms, $36, select Macy's

sits nice and low!



mixed prints
Sizes XXS–XL, Julius & Friends by Paul Frank, $68, delias.com





boy shorts
Sizes S–L, Hurley Swim, top, $40, and bottoms, $42, nordstrom.com





keyhole
Sizes S–L, Hot Topic, $44, hottopic.com





offers good bust support!

halter
Sizes S–L, Kali Girlz by Jamaican Style, top, $25, and bottoms, $25, Ron Jon stores



tankini
Sizes 6–14, Tommy Hilfiger Swim, top, $56, and bottoms, $40, tommy.com



good for a curvy tummy!





hipster
Sizes XS–XL, B. Swim, top, $48, and bottoms, $44, bestswimwear.com





bandeau
Sizes S–L, Bongo, top, $30, and bottoms, $30, Urban Outfitters stores



The ties have a super-cute anchor print!



western
Sizes XS–L, Girl Star, top, $40, and bottoms, $46, 800-961-3030





side ties
Sizes XXS–XXL, American Eagle Outfitters, top, $30, and bottoms, $30, ae.com



tankini
Sizes 12–26, Torrid, top, $38, and bottoms, $28, torrid.com



gives you extra coverage!



TURN for more looks!

FLAG: FSTOP/ALAMY. BAGPIPE PLAYER: © IMAGESTATE/ALAMY.

Clearer skin in under 8 hours.

Get results when you really need them.





➤ Results in hours, not days.

Different acne treatments work differently. Rapid Clear happens to work fast. It's clinically proven to visibly reduce pimple size, redness and swelling in under 8 hours. No dryness. No irritation. Just noticeable improvement.

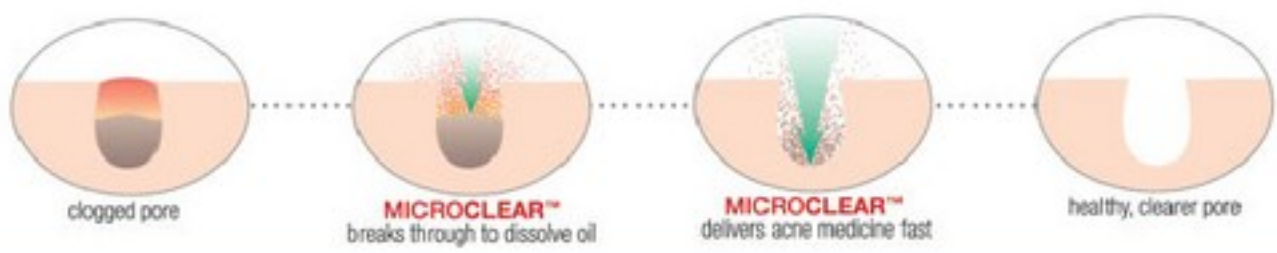


Results claimed by manufacturers, not based on head-to-head clinical trials.



➤ The great oil barrier, quickly broken.

Only Neutrogena has MICROCLEAR™ technology. Specially designed to speed the delivery of medicine deep to the source of acne, allowing it to dissolve pore-clogging oil faster than any other acne treatment.



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neutrogena.com/acne

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SEVENTEEN.COM/ PLAYLIST
SNOOP DOGG (WITH PHARRELL WILLIAMS) "Drop It Like It's Hot"

polka dots



lace
Sizes XS–XL, Cover Style, top, $42, and bottoms, $42, cover-style.com

highlights your hips!

bow
Sizes S–L, Skinny Dip Swimwear, $40, amazon.com

string
Sizes XS–XL, Aéropostale, top, $27, and bottoms, $27, Aéropostale stores

boy shorts
Sizes XS–L, Local Motion, top, $38, and bottoms, $40, swimnsport.com

covers your butt!

ruffled
Sizes XS–XL, Gap Body, $40, gap.com

two-tone
Sizes XS–XL, Island Company, top, $46, and bottoms, $48, islandcompany.com

WIN!
Win all of the swimsuits in this story! Go to seventeen.com/freebies or page 141 for details.

paisley



subtly sexy!

side ties
Sizes XS–L, Mossimo Swim, top, $18, and bottoms, $18, target.com

keyhole
Sizes 6–16, Jantzen, top, $50, and bottoms, $46, 800-626-0215

The back is almost totally bare!

cutout
Sizes XS–XL, Luli Fama, $118, lulifama.com

rings
Sizes S–L, Billabong, $74, dianesbeachwear.com

makes legs look long!

pom-pom
Sizes S–L, Lola Mar, $90, lolamar.com

halter
Sizes XS–XL, Bodyglove, top, $53, and bottoms, $41, bodyglovegirl.com

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perfectly naked nail,
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Natural Shine
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Enhance the beauty of natural nails with a no-fuss manicured look. Applies and dries instantly to a healthy shine that lasts. Nail-strengthening formula with multi-vitamins, minerals & calcium gives a whole new look to naked.



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would you be dressed for the occasion?

Wanted

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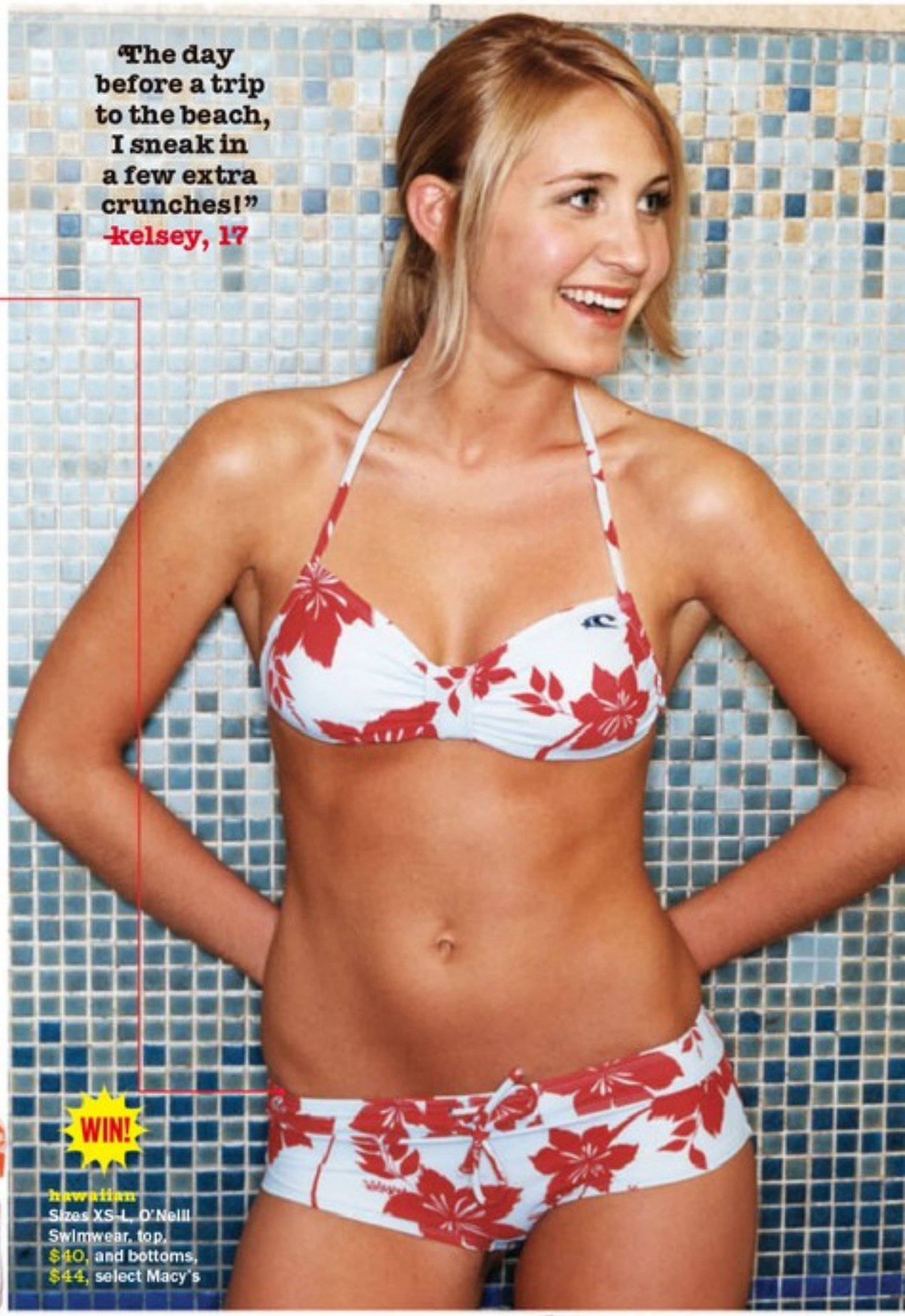
SEVENTEEN.COM/PLAYLIST
AFRIKA BAMBAATAA AND SOULSONIC FORCE "Planet Rock"

show off your shape!

Everyone has a body part they like! Now real girls show you the swimsuit, workout tool, and beauty secret that will help you work it at the beach.

Abs

TRY: low-riding boy shorts that maximize six-pack exposure and hourglass curves.



"The day before a trip to the beach, I sneak in a few extra crunches!" —kelsey, 17

MORE OPTIONS!



WIN!

More coverage on top puts your abs center stage.

floral
Sizes S-L, Hula Honey, top, $20, and bottoms, $20, Macy's



WIN!

tropical
Sizes S-L, Raisins, top, $42, and bottoms, $36, 800-472-4746



Hipster shorts cover more skin, so side slits make them sexy.

WIN!

hawaiian
Sizes XS-L, O'Neill Swimwear, top, $40, and bottoms, $44, select Macy's

FITNESS SECRET

17 tip: This ain't no beach ball—use it to roll your way to a flatter stomach! Do the workout with a trainer at seventeen.com/fitness.



fitness ball
Reebok, $20, Target stores

BEAUTY SECRET

17 tip: Apply two coats of tanner on your outer abs to create the illusion of killer muscle definition.



self-tanner
St. Ives Healthy Brilliance Firm & Glow Body Moisturizer, $7, drugstores

WIN! GO TO SEVENTEEN.COM/FREEBIES OR PAGE 141 FOR DETAILS.

MORE hot-body tips! →

REAL-GIRL PHOTOS: ANGELA BOATWRIGHT. SITTINGS EDITOR: JESSICA MORIBER. HAIR: SAVANNAH BENTZ FOR FRINGE SALON. MAKEUP: AYA KOURA. STILL LIFES: CHRIS ECKERT/STUDIO D. STILL LIFES STYLIST: JESSICA DELIA.

SEVENTEEN.COM/ PLAYLIST
KANYE WEST (WITH JAMIE FOXX)
"Gold Digger"

Back

TRY: an unexpectedly backless one-piece that flaunts your rear view.



WIN!

striped
Sizes XS-L,
Becca by Rebecca Virtue, $106,
beccaswim.com

"My back stays fit because I play basketball a lot-so I like to show off my hard work!"
-shakeisha, 17

MORE OPTIONS!



floral
Sizes S-XL, Mixit,
$68, JCPenney

WIN!

front



back

A modest front balances the wide-open back.

patterned
Sizes XS-L, Candie's,
$32, Kohl's

FITNESS SECRET



resistance band
Spri, $21,
bigfitness.com

17 tip: Pull this resistance band across your chest (like you're pulling taffy) to tone your back. Do the workout with a trainer at seventeen.com/fitness.

BEAUTY SECRET

17 tip: Spritz on this back spray after a shower to get rid of bacne—no awkward reaching required!

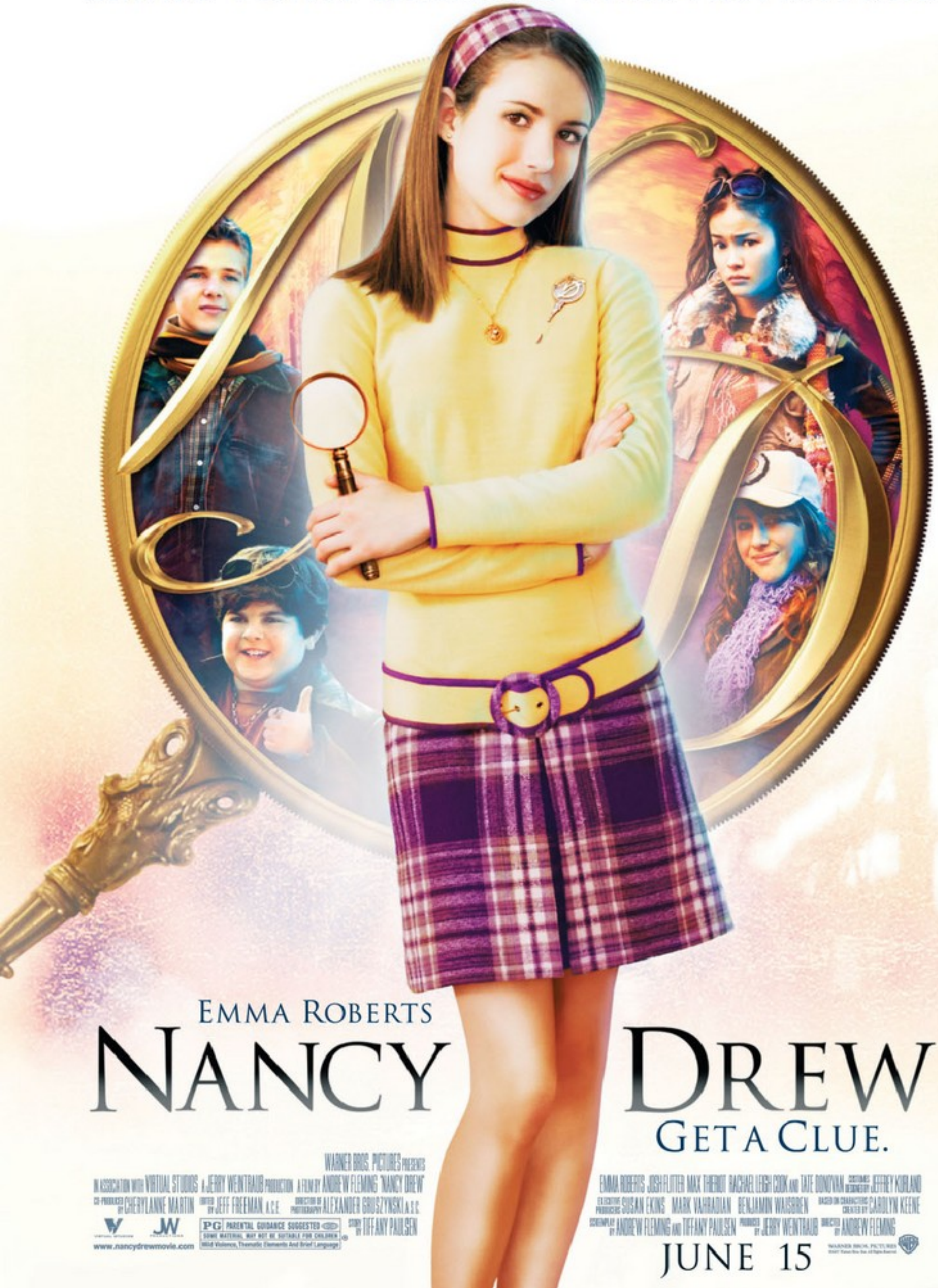


bacne spray
Mark The Body Squad Bacne Acne Treatment,
$7, meetmark.com

WIN! GO TO SEVENTEEN.COM/FREEBIES OR PAGE 141 FOR DETAILS.

MORE hot-body tips! →

SMALL TOWN GIRL. BIG TIME ADVENTURE.



EMMA ROBERTS

NANCY DREW

GET A CLUE.

WARNER BROS. PICTURES PRESENTS
IN ASSOCIATION WITH VIRTUAL STUDIOS A JERRY WEINTRAUB PRODUCTION A FILM BY ANDREW FLEMING "NANCY DREW"
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SCREENPLAY BY ANDREW FLEMING AND TIFFANY PAULSEN PRODUCED BY JERRY WEINTRAUB DIRECTED BY ANDREW FLEMING

JUNE 15

WARNER BROS. PICTURES

SEVENTEEN.COM/ PLAYLIST
MICHAEL JACKSON
"P.Y.T. (Pretty Young Thing)"

Bust

TRY: a halter that shows just enough skin *and* gives you serious support.

MORE OPTIONS!



WIN!

Wider straps provide extra support.

hearts
Sizes XS-L, Victoria's Secret, top, $17, and bottoms, $17, victoriassecret.com



WIN!

Stripes and a decorative tie accentuate your bust.

striped
Sizes XS-XL, Island Company, top, $46, and bottoms, $48, islandcompany.com



"I can run on the beach in this suit. It'll keep everything where it belongs!" -marita, 19

WEB EXTRA
Watch our exclusive video of all the workout moves in this story at seventeen.com/fitness.

WIN!

sequined
Sizes S-XL, Skye, top, $58, and bottoms, $53, Diane's Beachwear stores

FITNESS SECRET



yoga blocks
Gaiam, $11 each, gaiam.com

17 tip: Add yoga blocks to the classic push-up to give your upper body extra lift. Do the workout with a trainer at seventeen.com/fitness.

BEAUTY SECRET

17 tip: Dust a little highlighter on your cleavage and shoulders to play up your neckline.



shimmer powder
L'Occitane Cherry Blossom Fragrant Body Powder, $25, usa.loccitane.com

MORE hot-body tips!

WIN! GO TO SEVENTEEN.COM/FREEBIES OR PAGE 141 FOR DETAILS.

Introducing

Venus Breeze™

The only razor with built-in Shave Gel Bars so there's no need for shave cream.

It flexes to closely fit your curves revealing smooth skin worthy of a goddess.

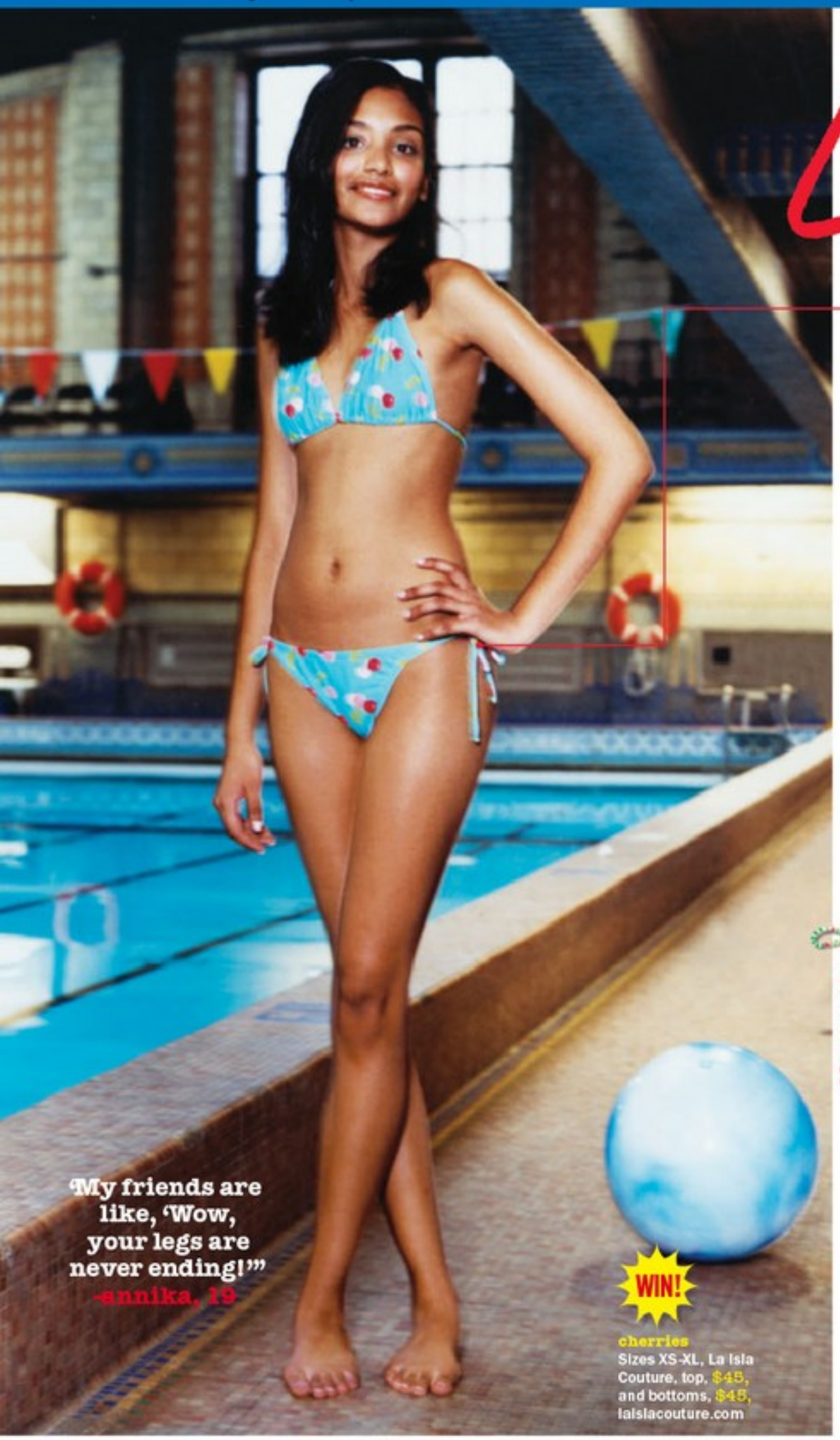
Now smooth, silky skin is a

Breeze



Reveal the goddess in you.®

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"My friends are like, 'Wow, your legs are never ending!'" -annika, 19

SEVENTEEN.COM/PLAYLIST
NIRVANA "Smells Like Teen Spirit"

Legs

TRY: side-tie bottoms that sit high on your hips, so your legs look miles long.

MORE OPTIONS!



mini hearts
Sizes XS-L, Heritage 1981, $28, Heritage 1981 stores

WIN!

Dangling ties and beading highlight your sleek legs.



leopard
Top, sizes A-C, Venus, $19, and bottoms, sizes 8-12, Venus, $19, both at venus.com

WIN!



Adjustable ties are a great fit for girls with curvy hips!



WIN!

cherries
Sizes XS-XL, La Isla Couture, top, $45, and bottoms, $45, laislacouture.com

FITNESS SECRET



5-lb. ankle weights
Danskin, $28 for a pair, danskin.com

17 tip: Work out wearing leg weights and watch your quads and calves get lean! Do the routine with a trainer at seventeen.com/fitness.

BEAUTY SECRET



shine spray
DKNY Be Delicious Body Gloss Spray, $38, department stores

17 tip: Spritz this body gloss on top of your sunscreen for legs that glisten in the sun.

WIN! GO TO SEVENTEEN.COM/FREEBIES OR PAGE 141 FOR DETAILS.

MORE hot-body tips! →

ADVERTISEMENT

COOL IS LIVING THE LEGEND

Sometimes a girl is just surrounded by cool. Dionne was just that girl on America's Next Top Model. Dionne slid into the Keds Champion slip-on to show us how legendary becomes brand new.





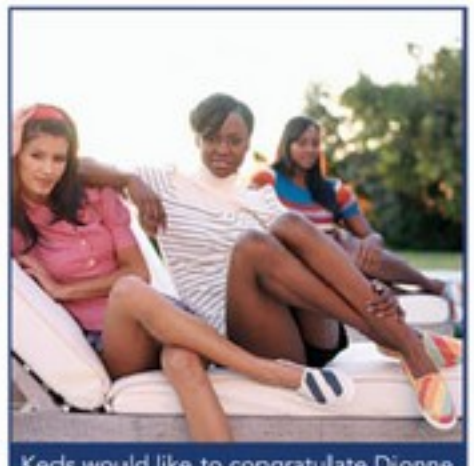
Champion Distressed Slip-On
With cool new colors



The original **Keds Champion**
Clean, cool, classic style



Keds Eleanor Skimmer
Fun styles in collaboration with rock poster artist, Eleanor Grosch



Keds would like to congratulate Dionne as the winner of the Keds challenge on America's Next Top Model!

Keds®

be cool.™

Check out the new spring styles from Keds on Keds.com

AMERICA'S NEXT top model THE CW

Booty

TRY: a flirty rearside ruffle—it's the classy girl's way to show "baby got back!"

MORE OPTIONS!



eyelet
Sizes S-L, Skinny Dip Swimwear, $70, amazon.com

WIN!

WEB EXTRA
Know how to work your style so everyone notices? Take our quiz at seventeen.com/showoff.

Pair this with a tee for a great off-the-beach outfit.

WIN!

graphic
Sizes XS-L, Hello Kitty, $74, Macy's

A low-rise skirt highlights your hips and booty without baring too much.

SEVENTEEN.COM/ PLAYLIST
MODEST MOUSE
"Dashboard"

WIN!

polka dot
Sizes XS-XL, Gap Body, top, $33, and bottoms, $33, Gap stores and gap.com

"I don't mind when people say I have a big butt. It's a compliment!"
-Liz, 17

FITNESS SECRET



step bench
The Original Club Step, $80, target.com

17 tip: A step routine tightens your glutes and burns major calories! Do this workout with a trainer at seventeen.com/fitness.

BEAUTY SECRET

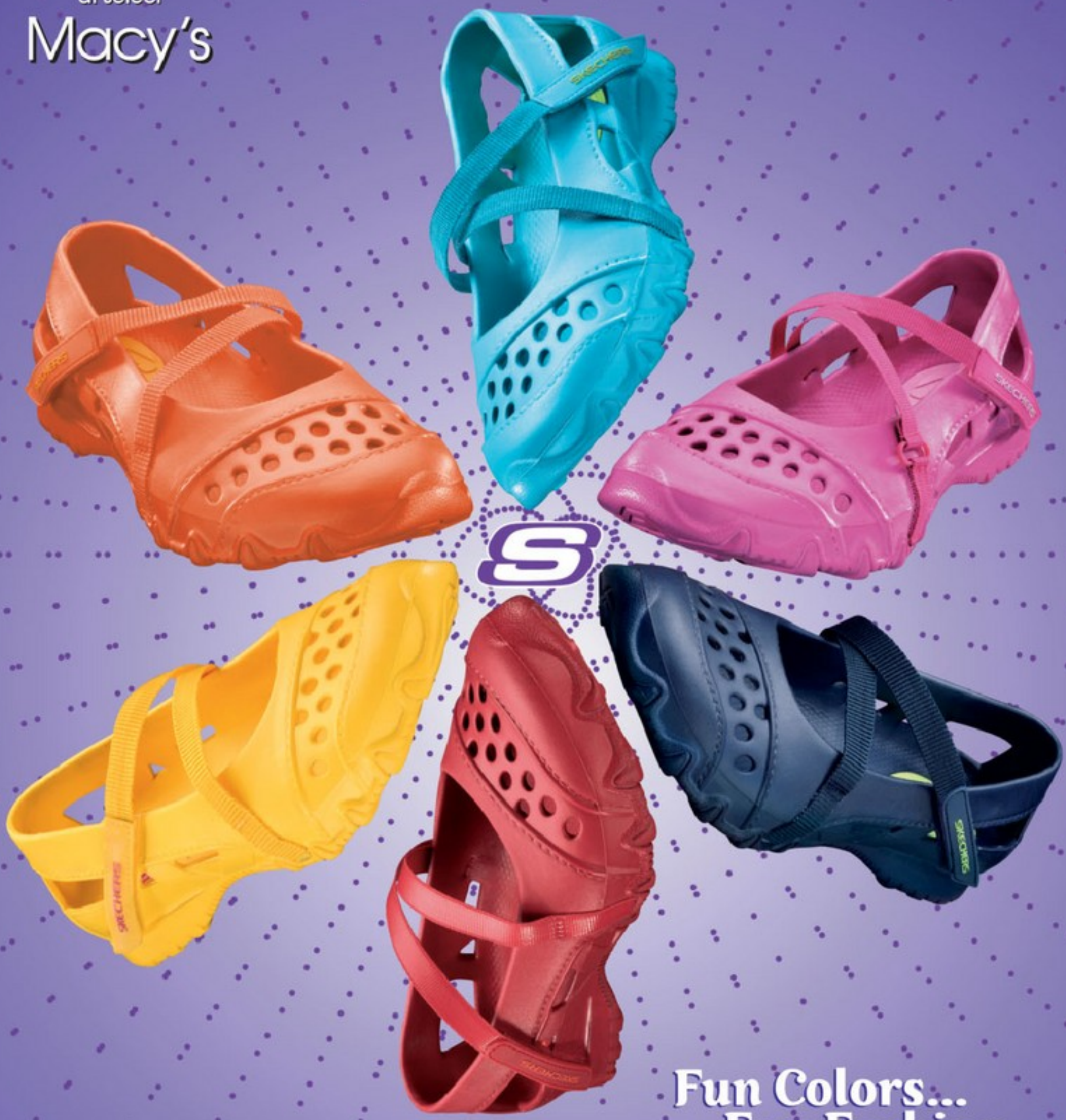
17 tip: A cool gel with caffeine in it makes any rear jiggle feel firmer.

skin-firming cream
L'Oréal Paris Sublime Slim Day Body Firming Gel, $14, drugstores



WIN! GO TO SEVENTEEN.COM/FREEBIES OR PAGE 141 FOR DETAILS.

also available
at select
Macy's



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Fun Fashion

Skechers

Visit Skechers.com

SEVENTEEN.COM/PLAYLIST
THE OUTFIELD "Your Love"

the cutest...

These summer essentials will make you a standout on the beach. And when you're out of the sun, you'll *still* be hot!

beach bags

hearts
Paul Frank, $34, paulfrank.com

duffel
Victoria's Secret PINK, $35, vspink.com

pop art
LeSportsac, $54, lesportsac.com

stripes
St. John's Bay by JCPenney, $30, JCPenney and jcp.com

silk screen
Rip Curl, $12, dianesbeachwear.com

floral
LuLu, $48, shopintuition.com

plaid
American Eagle Outfitters, $25, American Eagle Outfitters stores and ae.com

batik
Patrick Robinson for Target, $30, select Target stores and target.com

17 $PLURGE

straw
Roxy, $26, Quiksilver/Roxy stores

designer
D&G, $220, D&G boutiques

black-and-white
Rue21etc!, $17, Rue21 stores

STILL LIFES: KEVIN SWEENEY/STUDIO D. STILL LIFES STYLIST: JESSICA DELIA.

TURN for more stuff!



Burned By Your Acne Pad?

Do Your Face A Favor.



Ordinary acne pads can create more problems than they solve. Stridex acne pads offer proven effectiveness without the burning, stinging or drying effects other pads make you tolerate. The soft - textured pad provides full-face coverage and deep, but gentle cleaning. Only medicated Stridex pads are alcohol-free, so you can clean your skin, treat existing breakouts, and prevent new occurrences...comfortably.

SAVE $1

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the cutest... sunglasses

SEVENTEEN.COM/ PLAYLIST
TIFFANY
"I Think We're Alone Now"

looks great on blondes!

retro
Paul Frank, $92, select The Paul Frank stores and fredflare.com

rimless
Payless Sunglasses, $10, select Payless ShoeSource stores

clear
Metro7, $15, 800-WALMART

an unexpected way to wear animal print!

zebra
Rainbow, $7, Rainbow stores

white
Deb, $10, select Deb stores

tortoiseshell
Jaclyn Smith, $13, Kmart stores

square
Mixit, $18, JCPenney and jcp.com

flowers
Fantas-Eyes, $20, fantas-eyes.com

glam
XOXO Sunglasses, $42, xoxo.com

cute heart detail!

front view

side view

designer
Dior, $250, Dior boutiques

17 $PLURGE

TURN for more stuff!


GOSSIP
Available at select Macy's stores nationwide • www.malibuswim.com

the cutest... flip-flops

WEB EXTRA
Shop for more summer styles from your favorite stores at seventeen.com/shop.

SEVENTEEN.COM/PLAYLIST
60-60's
"We Got the Beat"

cartoon
Sizes 6–11, Hello Kitty for Hot Topic, $13, Hot Topic stores

skulls
Sizes S–L, Paul Frank, $9, The Paul Frank stores and PacSun stores

beaded
Sizes 5–11, American Eagle Outfitters, $20, American Eagle Outfitters stores and ae.com

The soles are cozy terry cloth!

checkered
Sizes 6–10, Charlotte Russe, $7, select Charlotte Russe stores

tropical
Sizes 6–10, Arizona by JCPenney, $15, JCPenney

stars
Sizes S–L, Claire's, $8, Claire's stores

White straps look amazing on tan feet!

hawaiian
Sizes 6–10, Roxy, $19, Quiksilver/Roxy stores

surfer girl
Sizes 5–11, Rue21etc!, $3, Rue21 stores

varsity
Sizes S–L, Victoria's Secret PINK, $15, vspink.com

stripes
Sizes 5–11, Old Navy, $5, oldnavy.com

top view

side view

17 $PLURGE

designer
Sizes 6–11, Juicy Couture, $55, Juicy Couture boutiques

The thick sole gives you a lift!

A disposable razor has never taken a woman's legs so seriously.

The performance of our most advanced razor. The convenience of a disposable. Introducing the Schick® Quattro® for Women™ Disposable. With four ultra-thin blades and two conditioning strips, no other disposable gives you a closer, smoother, more comfortable shave. The Power of 4® is now disposable. *www.quattrodisposables.com*

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What do you get for the pad that has everything?



A fresh feminine wipe. Always Clean™ – the first line of pads to come attached with individually wrapped wipes. Because clean feels good. Go to www.beinggirl.com/happy for a free sample while supplies last.



Have a happy period. always clean

SEVENTEEN.COM/ PLAYLIST
GHOST TOWN DJ'S "My Boo"



"I love pairing a simple tank top with big, trendy jewelry!"
–danielle, 17



"I like dark clothes, but I usually balance them out with a really bright purse or bright shoes—never both!"
–shara, 21



"I think big sunglasses add instant style to any look."
–jaime, 19



It's like summer all year-round in Miami!

my summer style secret

These *Seventeen* readers are true beach babes—Miami Beach, that is. So use their fashion advice to heat up *your* hometown!

WEB EXTRA
Get more fashion tips—and submit photos of *your* style—at seventeen.com/tips.



"I try to wear light colors that really show off a great tan."
–verónika, 21



"I like a straw hat—it makes me look a little tropical. But I *really* got this at Walgreens for five dollars!"
–fo, 22



"¡Me encanta el blanco y el rosa—son colores que gritan la alegria del verano!"
–ana, 17

"I love white and pink—they're colors that scream summer happiness!"

REAL-GIRL PHOTOS: ALEXANDER NEUMANN. MIAMI BEACH SIGN: GETTY IMAGES.

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Unwrap a little clean every day.



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Have a happy period.

always®

SEVENTEEN.COM/ PLAYLIST
VAN HALEN
"Ain't Talkin' 'Bout Love"

star steals

Get Ashlee's style without *spending* like her. Whether you're dressing up or down, you'll love these cool pieces!

$20 & under

BRIGHT by day



$17
bikini top
Sizes S–L, in Mocean, $17, select Macy's and Rainbow stores

WIN!

$17
bikini bottoms
Sizes S–L, in Mocean, $17, select Macy's and Rainbow stores

$13
bracelets
American Eagle Outfitters, $13 each, American Eagle Outfitters stores and ae.com

$16
flip-flops
Julius & Friends, $16, The Paul Frank stores and paulfrank.com

$7
visor
Rue21!etc., $7, select Rue21 stores

$4
necklace
Girlprops, $4, girlprops.com

$3
earrings
Girlprops, $3, girlprops.com

$16
dress
Sizes XS–L, Wet Seal, $16, Wet Seal stores

$12
lip gloss
Island Michael Kors Hawaii Lip Gloss Balm, $12, department stores

$15
beach bag
Fred Flare, $15, fredflare.com

SIMPSON: ROGER WONG/INFGOFF.COM. STILL LIFES: BEN GOLDSTEIN/STUDIO D. STILL LIFES STYLIST: CHRISTY ALCEBO.

WIN! GO TO SEVENTEEN.COM/FREEBIES OR PAGE 141 FOR DETAILS.

SEVENTEEN.COM/ PLAYLIST
THE BRAVERY "An Honest Mistake"

WEB EXTRA Which celeb has the cutest summer style? You decide at seventeen.com/fashion.

GLAM by night



$19
tube top
Sizes XS–L, Wet Seal, $19, Wet Seal stores



$5
ring
K + K Creative, $5, Charlotte Russe stores



$15
fragrance
Mark Instant Vacation Greek Isles Fragrance Mist, $15 for 1.5 oz., meetmark.com



$8
necklace
Giriprops, $8, giriprops.com

belt
Sizes S–L, Fantas-Eyes Belt, $9, Rainbow stores

$9





$7
earrings
Claire's, $7, Claire's stores







$20
skirt
Sizes XS–L, Forever 21, $20, Forever 21 stores



$12
clutch
Icing, $12, Icing stores



$20
sandals
Sizes 6–10, Rouge, $20, 5-7-9 stores

SIMPSON: STEVE GRANITZ/WIREIMAGE.COM. STILL LIFES: (NECKLACE AND EARRINGS) JESUS AYALA/STUDIO D; (ALL OTHERS) BEN GOLDSTEIN/STUDIO D.

BE A beach babe!

Can't get to the shore? We'll bring it to you! Find inspiration and tons of cute stuff to give your backyard some resort style.

SEVENTEEN.COM/PLAYLIST

BUSTA RHYMES "Put Your Hands Where My Eyes Could See"
THREE 6 MAFIA "Stay Fly"
OUTKAST "Hey Ya!"
THE NOTORIOUS B.I.G. "Juicy"
CHIC "Le Freak"
ARRESTED DEVELOPMENT "People Everyday (Metamorphosis Mix)"

perfectly preppy



SHIPSHAPE SUIT
Sizes XS–XL, Luli Fama, top, $70, and bottoms, $50, lulifama.com
Okay, maybe you don't own a yacht, but you can *look* like you belong on one in this nautical-inspired tankini.





Kirsten Dunst



HIT 'EM UP
ProKadima paddle set, $16, beachstore.com
This classic beach game gives you a *great* excuse to pair up with that cutie sitting one towel over.



ANIMAL ATTRACTION
Kmart Essential Home, $10, Kmart stores
You'll be the Maine event when you lay out on this comfy, colorful lobster-print towel.

SWEET SHIELD
Puma French 77 visor, $18, puma.com
Keep the sun out of your eyes and your face sweat-free with this prepster-cute visor.



20% off!
***Seventeen* readers get 20% off the purchase of the chair and paddles on this page, plus the Beach Pod chair on p. 48 at beachstore.com.**
Enter promotional code **seventeen** at checkout at beachstore.com. Expires 6/30/07.



SITTING PRETTY
Debro FastDry Beach Chair, $40, beachstore.com
The New England–y plaid material dries quickly, so your seat is never soggy.

SOUVENIR SCENT
Tommy Girl Limited Edition Seaside Breeze Summer Fragrance Set, $48, Macy's and macys.com
Landlocked? Smell like you got away to the Cape by wearing this rose and strawberry-rhubarb fragrance.



TURN for more cool stuff! →

STILL LIFES: JAY MUCKLE/STUDIO D; STILL LIFES STYLIST: CHRISTINA HURLEY. POSTCARD: COURTESY OF BUNCH OF GRAPES BOOKSTORE; DUNST: BAUER-GRIFFIN

He is not alone

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KyleXY.com

abc family

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life of the party

SEVENTEEN.COM/PLAYLIST

MICHAEL JACKSON "Billie Jean"
MOBB DEEP "Shook Ones, Pt. 2"
LUDACRIS & PHARRELL WILLIAMS "Southern Hospitality"
LL COOL J "I'm Bad"
CIARA "Goodies"
MISSY ELLIOTT "Work It"





Beyoncé Knowles



Get these sunglasses for FREE! See page 3.

SHADY LADY

Hot Kiss sunglasses
Keep your eyes safe while you secretly scope the beach for hotties with these glam wraparounds.



TEENY BIKINI

Sizes S–L, Victoria's Secret PINK, top, $24, and bottoms, $22, vspink.com
In this cute swimsuit, you'll definitely get noticed for looking so pretty in pink.

WEB EXTRA
Are you a beach babe? Find out at seventeen.com/quizzes.

SURF-SAFE SHOTS

Olympus Stylus 770SW, $380, amazon.com
Capture your friends' funniest water-ballet moves for posterity (and blackmail!) with this waterproof digital camera.





BACK



RIGHT STRIPE

Target, $20, Target stores
This towel is just big enough for two, so you and your crush will have to sit *thisclose*!



PARTY THRONE

Anywhere Chair by Travel Chair, $40, comfortchannel.com
Stash your snacks in this clever cooler/chair combo and you'll be popular with your hungry pals.



OCEAN POTION

Fekkai Wash and Wear Instant Shampoo Spray, $20, Saks Fifth Avenue
If you're too busy to shower between the beach and a bonfire bash, spritz this on your roots for a totally refreshed look.



WATER BLAST

EGO Waterproof Sound Case for iPod, $150, lovemyego.com
You can spin our summer playlist while wading in the waves with these speakers *and* keep your beloved iPod totally H_2O–free.

20% off!
***Seventeen* readers get 20% off the purchase of this speaker case from lovemyego.com.**
Enter promotional code seventeen at checkout at lovemyego.com. Offer excludes shipping. Expires 6/15/07.

TURN for more cool stuff!

POSTCARD: COURTESY OF JOY ROBISON; KNOWLES: BAUER-GRIFFIN.

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sporty chic

SEVENTEEN.COM/PLAYLIST

DIGITAL UNDERGROUND "The Humpty Dance"
NU SHOOZ "I Can't Wait"
THE COMMODORES "Brick House"
ERIC B. & RAKIM "I Ain't No Joke"
REDMAN "Da Goodness"
GWEN STEFANI "Hollaback Girl"



MAKE WAVES
Roxy 7'2" Egg Surfboard, $800, roxy.com
Pros know this is a cool model, but if you're not a surfer (yet!), you can bring it to one of Roxy's girls-only summer surfing camps in the US, Costa Rica, and Canada. (Find more info at **roxy.com/surfcamps**.)



Jessica Alba

20% off!
***Seventeen* readers get 20% off this bikini at alloy.com.**
Enter promotional code **SWIM20** at checkout at **alloy.com**.
Expires 6/25/07.



ALOHA, GORGEOUS
Sizes S–L, Raisins, top, $29, and bottoms, $29, alloy.com
It has just the right amount of flounce to turn heads by the pool, *and* it's secure enough to stay put in the waves.





OLD-SCHOOL COOL
Billabong, $30, Billabong stores
Even if the closest body of water is a kiddie pool, you can rock the surf vibe with this adorable towel.

WEB EXTRA
Will this be your best summer ever? Get your summer horoscope at seventeen.com/stars.



PLAY IT SAFE
Banana Boat Sport Dri-Blok Lotion, $7, drugstores
Unlike other goopy sport blocks, this long-lasting liquid actually dries like a powder to soak up your skin's oil.



GRAB A SEAT
Beach Pod Padded Beach Chair, $25, beachstore.com
This clever cushion also lies flat, so it's extra easy to carry on your way to the beach-volleyball game.



HEY, SQUIRT!
Sigg Circles water bottle, $18, swissbottle.com
Rehydrate after a long walk on the beach (or a bag of salty chips) with this insulated bottle that you can hook to your beach bag.

TURN for more cool stuff!

POSTCARD: COURTESY OF SOUVENIR CITY. ALBA: SS/AD/FLYNET/PICTURES.COM.

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hint of glow to deep bronze

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The first sunless tanner with a customizing dial for total color control. From a hint of glow to deepest bronze, the AmphoComplex™ technology ensures perfectly natural-looking color every single time.



swanky style

SEVENTEEN.COM/PLAYLIST

DAVID BOWIE "Let's Dance"
PETER BJORN AND JOHN "Young Folks"
THE HIVES "Hate to Say I Told You So"
KURTIS BLOW "The Breaks"
ROD STEWART "Young Turks"
SHANNON "Let the Music Play"





Paris Hilton



BE A GOLDEN GIRL
Estée Lauder DayWear Plus Multi Protection Tinted Moisturizer, $35, esteelauder.com
Swipe on this SPF-packed cream and you'll always have a hint of color—even if your beach day is a rainout.

SHINE ON
Sizes S–L, Sofia by Vix, top, $74, and bottoms, $62, vixswimwear.com
Thanks to its subtle sparkles and flattering cut, you'll always look like a perfect 10.







HIGH AND DRY
Coach, $88, 866-262-2440
This designer towel is so chic, you may have second thoughts about plopping it down on the sand!

20% off!
***Seventeen* readers get 20% off all regular-price swimsuits at vixswimwear.com.**
Enter promotional code 17vix at checkout at vixswimwear.com. Onetime use only. Not valid on sale items. Expires 6/25/07.



SLEEK SUNNER
Lafuma RT Fun Recliner, $100, target.com
The only thing this luxury lounger is missing is your own personal cabana boy.



BEACH FIREWORKS
Claire's earrings, $15, claires.com
Don't be afraid to take a dip wearing these glitzy studs. They're not pricey, so you won't stress if you happen to lose them in high tide.

SEA SPRAY
YSL Baby Doll Miniatures Collection, $32, Sephora stores
Stash these scents in your beach bag to smell like peonies (not eau de dead fish!) after a swim.

POSTCARD: COURTESY OF NEWPORT BEACH CONFERENCE & VISITORS BUREAU. HILTON: FLYNET PICTURES.

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I am so not going to settle
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or fresh peach.

And it dissolves hair below the surface — for smooth, pretty skin that lasts longer than shaving — with no cuts, no razor bumps.



cut dissolve

go to nairpretty.com



spray cream

Be pretty

SEVENTEEN.COM/PLAYLIST
BLOC PARTY "Helicopter"
SOFT CELL "Tainted Love"

1 Florida

DHARMA, 16
hometown: Fort Lauderdale
best quality: "my natural waves"
worst style: "I once had a mullet!"
hair idol: Jennifer Aniston
tip: "To play up your natural waves, go to bed with slightly damp hair."

seventeen

best-tressed girls in america!

Over 5,000 readers sent in pics of their fab hair, but these 17 girls had something extra special. Steal their secrets to make your hair even hotter! BY rachael nichol

ADDITIONAL REPORTING: CLAIR WINDSOR. REAL-GIRL PHOTOS (GIRLS 1–8, 11, 12, AND 15–17): CAROL COHEN. 17 EXPERT: PHILIP KINGSLEY, M.D., A HAIR AND SCALP SPECIALIST BASED IN NEW YORK, NY (PHILIPKINGSLEY.COM).



2 Michigan

JASMINE, 14
hometown: Northville
best quality: "my spiral curls"
biggest mistake: "I had six inches cut off once—and I ended up looking like a poodle!"
hair idol: Beyoncé Knowles
tip: "Braid your hair when it's wet to define your curls."



3 Nebraska

SARAH, 18
hometown: Omaha
best quality: "my really shiny and *healthy* hair"
biggest challenge: "my stick-straight texture—it won't hold *any* curl!"
tip: "Rinse your hair with really cold water to make it look extra shiny."



4 Virginia

WHITNEY, 16
hometown: Sterling
best quality: "my soft, reddish-brown color"
biggest mistake: "I spray-dyed my hair green for school—and the color would *not* come out!"
tip: "Air-dry your hair as often as possible to keep it healthy."



5 California

TAYLR, 15
hometown: Villa Park
best quality: "my natural sunny blonde streaks"
favorite style: braids, pinned with real flowers
tip: "Scrunch texture spray into damp hair for beachy waves."

TURN for more winners! →

SEVENTEEN.COM/PLAYLIST
FRANZ FERDINAND "Take Me Out"



6

BROOKE, 17

hometown: Marion
best quality: "my big, soft curls"
worst style: "My mom used to tease my bangs—they looked so '80s!"
hair idol: Jessica Simpson
tip: "Flip your head upside down and towel-dry, then use gel to define your curls."

Ohio



7 California

KATE, 15

hometown: Fresno
best quality: "my auburn color and natural waves"
hair idol: Kate Hudson
tip: "Spray product onto your hands first, not right onto your hair. Rub it in to get even coverage."

Each winner scored a $250 TRESemmé gift basket!



8 New York

MADDIE, 16

hometown: Amherst
best quality: "my short, edgy cut"
craziest style: "I had four-color hair—red, gold, purple, *and* chocolate sections all at once!"
hair idol: Eva Mendes
tip: "Use pomade on your hair when it's dry to add texture."



9

BRITTANY, 15

hometown: Southlake
best quality: "my length—my hair is longer than anyone's I know!"
biggest mistake: "When I was 6, I tried to cut my own hair into a bob!"
tip: "Deep condition once a week to keep the ends healthy."

Texas

10 Georgia



SHANICE, 15
hometown: Marietta
best quality: "my thick texture"
worst style: "I wore dozens of barrettes at the same time!"
hair idol: Jennifer Freeman
tip: "Condition hair, then put on a shower cap. It creates heat that helps activate the conditioner."

11 California



CHRISTINE, 16
hometown: Cupertino
best quality: "my warm color"
biggest mistake: "I got gum stuck in my hair, and my uncle chopped it out with a pocket knife!"
tip: "Use a curling iron, then brush out the curls when they're still warm to soften the look."

12 Florida



LAQUESHA, 16
hometown: St. Petersburg
best quality: "my tight, bouncy curls"
worst style: "I blow-dried it and it was so poofy that I looked like a Chia Pet!"
hair idol: Halle Berry
tip: "Comb tight curls only when they're wet—they will get frizzy and huge otherwise!"

13 Montana



LARISSA, 18
hometown: Havre
best quality: "my straight red hair"
craziest style: "For a '60s pouf, I put a plastic cup on top of my head and brushed the front of my hair over it!"
tip: "To make waves last all day, curl your hair with an iron, then twist three-inch pieces into pin curls. Keep it up as it cools."

TURN for more winners! →

SEVENTEEN.COM/PLAYLIST
THE KILLERS "Mr. Brightside"



14 North Carolina

ALEX, 16
hometown: Wilmington
best quality: "my straight texture"
worst style: "I tried cornrows once—they looked awful!"
tip: "Spritz a tiny bit of hairspray onto your hands, then pat your hair to get rid of flyaways."

15 Pennsylvania

MEAGAN, 18
hometown: Pittsburgh
best quality: "my jet-black color"
worst style: "a choppy bob—it was too mod for me!"
hair idol: Vanessa Hudgens
tip: "Sleep on satin pillowcases—it helps keep your hair looking silky."

WEB EXTRA
Who has the best hair? You can vote for your favorite girl at seventeen.com/tressed.



16 Virginia

KIRSTEN, 19
hometown: Gainesville
best quality: "my splashes of color"
biggest mistake: "I tried to highlight my hair myself once, and it turned orange!"
hair idol: Sienna Miller
tip: "Blow-dry your hair upside down for extra body."



17 California

SHAMIRA, 17
hometown: Westlake Village
best quality: "my thick waves"
biggest mistake: "towel-drying my hair—it gets huge!"
hair idol: Shakira
tip: "Put a tiny bit of olive oil on your hair when it's wet, and leave it in for shine."

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SebastianInspires.com

SEVENTEEN.COM/PLAYLIST
RUN-DMC "Walk This Way"

pretty summer styles

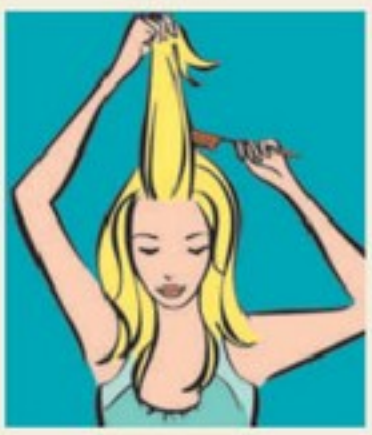
When it's warm outside, you still need to look hot—*not* overheated. With these three cute styles, staying cool is a breeze! BY desi gallegos

WAVY HAIR half updo:



1 START WITH CLEAN, DRY hair. Squeeze a dime-size amount of volumizing cream into your palm, then rub it all over your hands as you would with lotion. Use your fingers to scrunch hair—the product will enhance your waves and add volume.

2 SEPARATE A 4"-WIDE section of hair from your hairline to your crown. Run the tail of a teasing comb along the part on both sides to make it straight and clean. Use the other end of the comb to tease the roots of this section.





3 SMOOTH THE SECTION back with the teeth of the comb, and secure it with a thin elastic at your crown. Take a ⅛" piece of hair from the bottom of that section, wrap it around the elastic, and bobby-pin it underneath the ponytail.



"I love how this look is loose and messy—when it gets windblown, it's even cuter!"
–CariDee, 21

you'll need...

VOLUMIZING CREAM

WIN! Ojon Hair

try: Ojon Animated Styling Cream, $26, Sephora stores

TEASING COMB

try: Vidal Sassoon Tail Comb, $1, drugstores

HAIR ELASTICS

try: Goody Ponytailers Elastics, $3 for pack of 10, drugstores

BOBBY PINS

try: Scünci No-Slip Grip Pins, $3 for pack of 48, drugstores

MAIN PHOTOS: SASRA FLEUR ABOU-EL-HAJ PHOTOGRAPHY. SITTINGS EDITOR: JESSICA MORIBER. HAIR: ARTURO FOR REDKEN. MAKEUP: KOKO HIRAMOTO. ON CARIDEE: TOP, 213 INDUSTRY. STILL LIFES: JAY MUCKLE/STUDIO D. ILLUSTRATIONS: CINDY LUU.

TURN for more styles! →

WIN! GO TO SEVENTEEN.COM/FREEBIES OR PAGE 141 FOR DETAILS.

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what are you wild about?

Wild About

Writing **music**.

Sushi.

Hearing **our song** on the radio.

Rock Solid™ Nail Lacquer

and

Diamond Brilliance™ Lip Sheen.

And did I mention **Sushi**.

Fresh Face Winner
Sarah Lewis, Singer/Songwriter

Whether hanging with the band or performing for the troops in Afghanistan, Sarah Lewis, lead singer of JAGSTAR, turns up the volume with **wet n wild Rock Solid™ Nail Lacquer** and **Diamond Brilliance™ Moisturizing Lip Sheen**. With rock-hard nails in nine diamond-faceted shades and light catching lips in six luscious sheens, she takes center-stage and keeps the crowd on their feet.

Sarah is wearing **wet n wild Rock Solid Nail Lacquer** in *Rockin in Rubies* and **Diamond Brilliance Moisturizing Lip Sheen** in *Shannon's Shiny Bit* and *Rachel's Rocks*.



Find out more about **wet n wild** & **Sarah** at **wnwbeauty.com**

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SEVENTEEN.COM/PLAYLIST
HOUSE OF PAIN "Jump Around"

STRAIGHT/RELAXED HAIR tousled knot:

1 WASH AND BLOW-DRY your hair, then brush it back to form a ponytail at the crown of your head. Secure it in place with a no-slip hair elastic that matches your hair color. If you have bangs, leave them down.

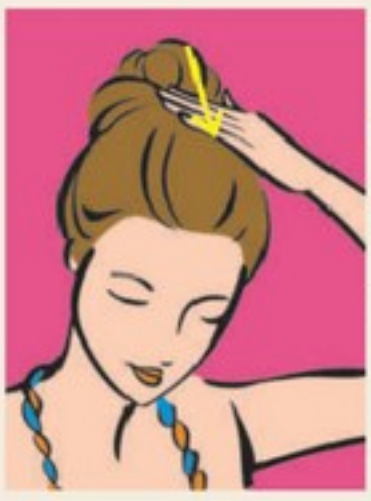




2 DIVIDE THE PONYTAIL into two even sections. Take the right section of hair and wrap it once around the base of the pony in a counterclockwise direction to form a loop. Secure this piece under the base of the pony with bobby pins, leaving the ends hanging free.

3 TAKE THE LEFT section of hair and wrap it once around the other loop in a clockwise direction. Secure with bobby pins again, leaving ends loose. Take the ends that are hanging below the loops and randomly pin them up into the loops to create a tousled knot.





4 PLACE YOUR HAND in front of the knot and gently sweep it toward your hairline—this will loosen some hairs around your face for a softer look. Mist your hair with an aerosol hairspray from 10" away. Then lightly smooth down any stray strands.



17 tip Crisscross bobby pins at the nape of your neck to hold up the short hairs there.



"This style looks really complicated, but it's so simple to do—it took only a few minutes."
–Najara, 15

you'll need . . .



HAIR ELASTICS

try: Scünci No-Slip Grip Elastics, $3 for pack of 10, drugstores



BOBBY PINS

try: Conair Styling Essentials Bobby Pins, $4 for pack of 90, drugstores



HAIRSPRAY

try: Herbal Essences Set Me Up Max Hold Hairspray, $3, drugstores

WEB EXTRA
Download how-to beauty videos at seventeen.com/podcast

ON NAJARA: TOP, RAMPAGE.

TURN for more styles!

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SEVENTEEN.COM/ PLAYLIST
45 KING "The 900 Number"

CURLY HAIR cornrowed side pony:



1 RUB A NICKEL-SIZE amount of shine serum onto your hands, then run your fingers through your hair while it's soaking wet. Use a wide-toothed comb to evenly distribute the product, then let your hair air-dry. Once your ringlets form, touch your hair as little as possible.



2 PART YOUR HAIR on your left side. Begin a cornrow braid (a reverse French braid) at your part, 1" back from your hairline. Follow your hairline and keep braiding down the right side of your head to just below your ear. Secure the braid there with an elastic.

WEB EXTRA Get step-by-step instructions on how to do cornrow braids at seventeen.com/hairideas.



3 BEGIN A SECOND cornrow braid at your part, 2" behind the first one. Continue braiding alongside the first braid, down the side of your head. Stop braiding when you reach the nape of your neck, and secure the cornrow braid there with an elastic.



4 USE A MIXED-BRISTLE brush to gather the rest of your hair into a low ponytail behind your right ear. Hold the pony with the free ends of the braids, and secure them together with one elastic. Wrap a ⅛" piece of hair from the bottom of the pony around the elastic, then pin it in place.



17 tip Keep your bangs off of your face in the summer to prevent sweating and breakouts.

"This look is super-versatile. I'd wear it to the beach with my friends *and* on a date."
–Britney, 21

you'll need . . .



SHINE SERUM
try: Citré Shine Miracle Anti-Frizz Serum, $4, drugstores



WIDE-TOOTHED COMB
try: Cardinal Tortoise Shell Comb, $2, Sally Beauty Supply stores



BOBBY PINS
try: Goody Bobby Pins, $2 for pack of 48, drugstores



MIXED-BRISTLE BRUSH
try: DCNL Brosse Dresser Tort Porcupine Red Cushion Brush, $28, drugstores



SNAG-FREE HAIR ELASTICS
try: Sephora Snag-Free Hair Elastics, $4 for pack of 8, Sephora stores

ON BRITNEY: TOP, 213 INDUSTRY.

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*Apply Abreva at the first sign of a cold sore for best results.

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SEVENTEEN.COM/PLAYLIST
USHER "Yeah!"

get smooth skin!

Are you really supposed to have hair *there*? Here's how to be fuzz-free in time for summer. BY rachael nichol

SHAVING



best for: Legs, bikini line, and underarms.

how it works: Hair is cut off at the skin's surface with a razor blade.

lasts for: One to two days.

how-to: Wash your skin first to reduce oils that might clog the razor. Hold the razor with your index finger on top to steady it, and use *light* pressure. Shave in the *opposite* direction of hair growth on legs (from ankle to knee, then knee to hip). Shave in *multiple* directions on underarms and bikini line, where hair grows in different directions.

17 tip: Use shaving cream or a razor with a built-in shaving-gel bar to help the razor glide. Pick a razor with three or four blades; it will get most hair in one stroke, so you won't have to repeat sections.

watch out!

razor burn

what it is: Tiny red bumps caused by a dull razor or by pressing too hard as you shave.

☑ **Do:** Replace your disposable razor or blade after about 10 uses, and store it in a dry place to prevent it from rusting.

☒ **Don't:** Shave dry or with soap—it's too harsh on your skin!

☑ **Do:** Apply lotion after shaving to soothe your skin.



WIN!

try: Venus Breeze Razor Plus Shave Gel Bar, $10; Noxzema Bikini Shaver, $3; Skintimate Moisturizing Shave Gels in Kissably Sweet, $2; all at drugstores



MAIN PHOTOS: COLETTE DEBARROS. SITTINGS EDITOR: JESSICA MORIBER. HAIR: ALEJANDRA FOR PHYTO/ARTISTSBYTIMOTHYRIANO.COM. MAKEUP: PAOLA FERRARI FOR FORD ARTISTS. ON MODEL: BIKINI, SALINAS. STILL LIFES: JAY MUCKLE/STUDIO D. RIHANNA: THEO WARGO/WIREIMAGE.COM. STATISTICS PROVIDED BY GILLETTE.

WIN! GO TO SEVENTEEN.COM/FREEBIES OR PAGE 141 FOR DETAILS.

LASER HAIR REMOVAL



best for: Light skin with dark hair. Lasers don't work well on dark skin or light hair.

how it works: A pinpoint of light zaps hair at the root—so it doesn't grow back. You need six to eight sessions to totally remove hair, but you'll see a reduction in hair growth after two or three visits.

feels like: Rubber bands snapping against you.

lasts for: Forever!

cost: $200 and up per session. (You're looking at around $1,200 total.)

17 tip: Ask your dermatologist for a hair-reduction cream, like Vaniqa, to slow growth between hair removals.

17 WARNING: If you're serious about laser hair removal, go to a dermatologist for the treatment. If it's done improperly, you could get burned or scarred! To find a doctor in your area, go to seventeen.com/dermatology.

LASER HAIR REMOVAL PHOTO: ELIZABETH COBB, COURTESY OF PAUL PARKER, M.D.

DEPILATORY

best for: Contoured areas that are hard to reach with a razor—toes, underarms, fingers, and bikini line.

how it works: A chemical exfoliant dissolves hair below the surface of your skin.

lasts for: About a week.

how-to: Apply the cream or spray foam in a thick layer to the area. Let it sit for five minutes, then check if the hairs are ready to remove by rubbing a small section with a washcloth. If they come off, wipe away the remaining product with a damp washcloth. (If hair doesn't budge, leave the product on for another 30 seconds.) Shower immediately afterward to remove any residue.

17 tip: Use a depilatory right before you self-tan. It removes hair and exfoliates skin, so you'll get really even color.



If you have very sensitive skin, do a spot test on a 1" section of skin before using depilatory all over, to see if it causes irritation.

try: Sally Hansen Extra Strength Precision Brush-On Hair Remover, $7; Nair Pretty Soft Kiwi Hair Remover Spray, $6; both at drugstores

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SEVENTEEN.COM/ PLAYLIST
DAMIAN MARLEY "Welcome To Jamrock"



17 tip Hold an ice cube wrapped in a paper towel on your eyebrow for five seconds to numb it before you pluck.

STEFANI: ("OH NO!") RON GALELLA/WIREIMAGE.COM; ("OH YES!") TONY BARSON/WIREIMAGE.COM.

TWEEZING

best for: Getting hair on small areas, like your upper lip or chin, or for shaping brows.

how it works: Hairs are plucked at the root one at a time with tweezers.

feels like: Pinpricks.

lasts for: Three to four weeks.

how-to: Use tweezers with a slanted edge to grasp hairs close to the skin and gently pull them out.

try: Tweezerman Slant Tweezer, $20, drugstores

106 MILLION American women age 13 and up remove hair on their body.



OH NO! Don't overtweeze—your brows will look drawn in!

Gwen Stefani

OH YES! Brows should be fullest at the nose and taper out.

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SEVENTEEN.COM/PLAYLIST
LIL JON
"Get Low"

WAXING

best for: Legs, arms, bikini line, brows, toes, fingers, and upper lip.

how it works: Warm or softened wax is applied to the skin and pulled off (using a piece of fabric for strip wax), removing hair at the root.

17 FYI: You can clean up the edges of your bikini line with an at-home kit. But for more extreme waxing, see a pro.



try: Parissa Tea Tree Soft Gel, $12, drugstores

feels like: A very hard slap.

lasts for: You'll be smooth for two to three weeks. But you can't wax again until the hair is ¼" long.

how-to: Apply wax in the direction of the hair growth, and pull it off quickly in the opposite direction while holding the skin taut. Start with small 2" x 4" sections to get the hang of it. Try sugar waxes your first time—they're water-soluble, so if you can't stand the pain, you can wipe off the wax with a damp washcloth.

at the salon: Make sure the aesthetician doesn't double-dip the waxing stick. She should apply the wax, throw out that stick, and use a clean one to prevent the spread of bacteria. Also ask if she has a state-issued cosmetologist or aesthetician license.

cost: $20 and up for bikini, $10 and up for brows, and $30 and up for arms or legs at the salon.



OH NO! Makeup clings to hair, so even tiny ones stand out. Jennifer Lopez

17 tip When you pull the wax off your skin, place your hand on the area right afterward. It will restrict blood flow to the spot and lessen the pain.



watch out!

ingrown hair

what it is: **Bumps caused by hair that curls (instead of growing straight) and gets stuck under the skin.**

☑ **Do:** Wait at least 24 hours after waxing, then use salicylic-acid pads twice daily to exfoliate.

☒ **Don't:** Exfoliate too much—it will only aggravate the bumps.



try: Completely Bare Bikini Bump Blaster, $32, completelybare.com

THREADING

best for: Small areas, like brows, hairline, and sideburns.

how it works: An aesthetician uses a thread to loop around hairs and pull them out by the root a few at a time. It's like tweezing, but much faster.

feels like: Needle pricks.

cost: $8 and up for each area.

17 tip: Choose this method—and an experienced aesthetician (you can't do it yourself!)—if you want *really* straight lines.



WEB EXTRA Get other expert tips on removing unwanted hair at seventeen.com/remove.

ON MODEL: BIKINI, AMERICAN EAGLE OUTFITTERS. "THREADING" PHOTO: COURTESY OF HAVEN SPA. LOPEZ: KEVIN MAZUR ARCHIVE/WIREIMAGE.COM.

17 EXPERTS: **Ann Marie Cilmi,** director of education and development for Bliss; **Loretta Ciraldo, M.D.,** a dermatologist based in Miami, FL, and author of *6 Weeks to Sensational Skin* (Rodale Books, 2006); **Tim Fowler,** global research and development director of skin care for Nair; **Audra Senkus-Iemma,** co-owner of Haven Spa in New York, NY; **Kara Salzillo,** external relations manager for Gillette Venus razors.



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Dryness, redness, peeling, burning, or itching may occur. Overexposure to sunlight or sunlamps—or extreme wind or cold—may increase the risk for irritation. When exposure can't be avoided, use a sunscreen or protective clothing.

Please see next page for brief summary of Prescribing Information.

Differin® (ADAPALENE) CREAM, GEL, 0.1%

TAKE CHARGE

DIFFERIN® (adapalene) Cream, 0.1%

Rx Only **BRIEF SUMMARY**

For topical use only. Not for ophthalmic, oral, or intravaginal use.

INDICATIONS AND USAGE: DIFFERIN® Cream is indicated for the topical treatment of acne vulgaris.

CONTRAINDICATIONS: DIFFERIN® Cream should not be administered to individuals who are hypersensitive to adapalene or any of the components in the cream vehicle.

PRECAUTIONS: ***General:*** If a reaction suggesting sensitivity or chemical irritation occurs, use of the medication should be discontinued. Exposure to sunlight, including sunlamps, should be minimized during use of adapalene. Patients who normally experience high levels of sun exposure, and those with inherent sensitivity to sun, should be warned to exercise caution. Use of sunscreen products and protective clothing over treated areas is recommended when exposure cannot be avoided. Weather extremes, such as wind or cold, also may be irritating to patients under treatment with adapalene.

Avoid contact with the eyes, lips, angles of the nose, and mucous membranes. The product should not be applied to cuts, abrasions, eczematous or sunburned skin. As with other retinoids, use of "waxing" as a depilatory method should be avoided on skin treated with adapalene.

Information for Patients: Patients using DIFFERIN® Cream should receive the following information and instructions:

1. This medication is to be used only as directed by the physician.
2. It is for external use only.
3. Avoid contact with the eyes, lips, angles of the nose, and mucous membranes.
4. Cleanse area with a mild or soapless cleanser before applying this medication.
5. Moisturizers may be used if necessary; however, products containing alpha hydroxy or glycolic acids should be avoided.
6. Exposure of the eye to this medication may result in reactions such as swelling, conjunctivitis, and eye irritation.
7. This medication should not be applied to cuts, abrasions, eczematous or sunburned skin.
8. Wax epilation should not be performed on treated skin due to the potential for skin erosions.
9. During the early weeks of therapy, an apparent exacerbation of acne may occur. This is due to the action of this medication on previously unseen lesions and should not be considered a reason to discontinue therapy. Overall clinical benefit may be noticed after two weeks of therapy, but at least eight weeks are required to obtain consistent beneficial effects.

Drug Interactions: As DIFFERIN® Cream has the potential to produce local irritation in some patients, concomitant use of other potentially irritating topical products (medicated or abrasive soaps and cleansers, soaps and cosmetics that have a strong drying effect, and products with high concentrations of alcohol, astringents, spices or lime rind) should be approached with caution. Particular caution should be exercised in using preparations containing sulfur, resorcinol, or salicylic acid in combination with DIFFERIN® Cream. If these preparations have been used, it is advisable not to start therapy with DIFFERIN® Cream until the effects of such preparations in the skin have subsided.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Carcinogenicity studies with adapalene have been conducted in mice at topical doses of 0.4, 1.3, and 4.0 mg/kg/day, and in rats at oral doses of 0.15, 0.5, and 1.5 mg/kg/day. These doses are up to 8 times (mice) and 6 times (rats) in terms of mg/m²/day the maximum potential exposure at the recommended topical human dose (MRHD), assumed to be 2.5 grams DIFFERIN® Cream, which is approximately 1.5 mg/m² adapalene. In the oral study, increased incidence of benign and malignant pheochromocytomas in the adrenal medullas of male rats was observed.

No photocarcinogenicity studies were conducted. Animal studies have shown an increased risk of skin neoplasms with the use of pharmacologically similar drugs (e.g., retinoids) when exposed to UV irradiation in the laboratory or to sunlight. Although the significance of these studies to human use is not clear, patients should be advised to avoid or minimize exposure to either sunlight or artificial UV irradiation sources.

Adapalene did not exhibit mutagenic or genotoxic effects *in vivo* (mouse micronucleus test) and *in vitro* (Ames test, Chinese hamster ovary cell assay, mouse lymphoma TK assay) studies.

Reproductive function and fertility studies were conducted in rats administered oral doses of adapalene in amounts up to 20 mg/kg/day (up to 80 times the MRHD based on mg/m² comparisons). No effects of adapalene were found on the reproductive performance or fertility of the F_0 males or females. There were also no detectable effects on the growth, development and subsequent reproductive function of the F_1 generation.

Nursing Mothers: It is not known whether this drug is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when DIFFERIN® Cream is administered to a nursing woman.

Pediatric Use: Safety and effectiveness in pediatric patients below the age of 12 have not been established.

ADVERSE REACTIONS: In controlled clinical trials, local cutaneous irritation was monitored in 285 acne patients who used DIFFERIN® Cream once daily for 12 weeks. The frequency and severity of erythema, scaling, dryness, pruritus and burning were assessed during these studies. The incidence of local cutaneous irritation with DIFFERIN® Cream from the controlled clinical studies is provided in the following table:

Incidence of Local Cutaneous Irritation with DIFFERIN® Cream from Controlled Clinical Studies (N=285)

	None	Mild	Moderate	Severe
Erythema	52% (148)	38% (108)	10% (28)	<1% (1)
Scaling	58% (166)	35% (100)	6% (18)	<1% (1)
Dryness	48% (136)	42% (121)	9% (26)	<1% (2)
Pruritus (persistent)	74% (211)	21% (61)	4% (12)	<1% (1)
Burning/Stinging (persistent)	71% (202)	24% (69)	4% (12)	<1% (2)

Other reported local cutaneous adverse events in patients who used DIFFERIN® Cream once daily included: sunburn (2%), skin discomfort-burning and stinging (1%) and skin irritation (1%). Events occurring in less than 1% of patients treated with DIFFERIN® Cream included: acne flare, dermatitis and contact dermatitis, eyelid edema, conjunctivitis, erythema, pruritus, skin discoloration, rash, and eczema.

OVERDOSAGE: DIFFERIN® Cream is intended for cutaneous use only. If the medication is applied excessively, no more rapid or better results will be obtained and marked redness, scaling, or skin discomfort may occur. The acute oral toxicity of DIFFERIN® Cream in mice and rats is greater than 10 mL/kg. Chronic ingestion of the drug may lead to the same side effects as those associated with excessive oral intake of Vitamin A.

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Fort Worth, Texas 76177 USA

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www.differin.com
325069-0805
Revised: August 2005

DIFFERIN® (adapalene gel) Gel, 0.1%

Rx Only **BRIEF SUMMARY**

INDICATIONS AND USAGE: DIFFERIN® Gel is indicated for the topical treatment of acne vulgaris.

CONTRAINDICATIONS: DIFFERIN® Gel should not be administered to individuals who are hypersensitive to adapalene or any of the components in the vehicle gel.

WARNINGS: Use of DIFFERIN® Gel should be discontinued if hypersensitivity to any of the ingredients is noted. Patients with sunburn should be advised not to use the product until fully recovered.

PRECAUTIONS: ***General:*** If a reaction suggesting sensitivity or chemical irritation occurs, use of the medication should be discontinued. Exposure to sunlight, including sunlamps, should be minimized during the use of adapalene. Patients who normally experience high levels of sun exposure, and those with inherent sensitivity to sun, should be warned to exercise caution. Use of sunscreen products and protective clothing over treated areas is recommended when exposure cannot be avoided. Weather extremes, such as wind or cold, also may be irritating to patients under treatment with adapalene.

Avoid contact with the eyes, lips, angles of the nose, and mucous membranes. The product should not be applied to cuts, abrasions, eczematous skin, or sunburned skin.

Certain cutaneous signs and symptoms such as erythema, dryness, scaling, burning, or pruritus may be experienced during treatment. These are most likely to occur during the first two to four weeks and will usually lessen with continued use of the medication. Depending upon the severity of adverse events, patients should be instructed to reduce the frequency of application or discontinue use.

Drug Interactions: As DIFFERIN® Gel has the potential to produce local irritation in some patients, concomitant use of other potentially irritating topical products (medicated or abrasive soaps and cleansers, soaps and cosmetics that have a strong drying effect, and products with high concentrations of alcohol, astringents, spices, or lime) should be approached with caution. Particular caution should be exercised in using preparations containing sulfur, resorcinol, or salicylic acid in combination with DIFFERIN® Gel. If these preparations have been used, it is advisable not to start therapy with DIFFERIN® Gel until the effects of such preparations in the skin have subsided.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Carcinogenicity studies with adapalene have been conducted in mice at topical doses of 0.3, 0.9, and 2.6 mg/kg/day and in rats at oral doses of 0.15, 0.5, and 1.5 mg/kg/day, approximately 4-75 times the maximal daily human topical dose. In the oral study, positive linear trends were observed in the incidence of follicular cell adenomas and carcinomas in the thyroid glands of female rats, and in the incidence of benign and malignant pheochromocytomas in the adrenal medullas of male rats.

No photocarcinogenicity studies were conducted. Animal studies have shown an increased tumorigenic risk with the use of pharmacologically similar drugs (e.g., retinoids) when exposed to UV irradiation in the laboratory or to sunlight. Although the significance of these studies to human use is not clear, patients should be advised to avoid or minimize exposure to either sunlight or artificial UV irradiation sources.

In a series of *in vivo* and *in vitro* studies, adapalene did not exhibit mutagenic or genotoxic activities.

Pregnancy: Teratogenic effects. Pregnancy Category C. No teratogenic effects were seen in rats at oral doses of adapalene 0.15 to 5.0 mg/kg/day, up to 120 times the maximal daily human topical dose. Cutaneous route teratology studies conducted in rats and rabbits at doses of 0.6, 2.0, and 6.0 mg/kg/day, up to 150 times the maximal daily human topical dose exhibited no fetotoxicity and only minimal increases in supernumerary ribs in rats. There are no adequate and well-controlled studies in pregnant women. Adapalene should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nursing Mothers: It is not known whether this drug is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when DIFFERIN® Gel is administered to a nursing woman.

Pediatric Use: Safety and effectiveness in pediatric patients below the age of 12 have not been established.

ADVERSE REACTIONS: Some adverse effects such as erythema, scaling, dryness, pruritus, and burning will occur in 10-40% of patients. Pruritus or burning immediately after application also occurs in approximately 20% of patients. The following additional adverse experiences were reported in approximately 1% or less of patients: skin irritation, burning/stinging, erythema, sunburn, and acne flares. These are most commonly seen during the first month of therapy and decrease in frequency and severity thereafter. All adverse effects with use of DIFFERIN® Gel during clinical trials were reversible upon discontinuation of therapy.

OVERDOSAGE: DIFFERIN® Gel is intended for cutaneous use only. If the medication is applied excessively, no more rapid or better results will be obtained and marked redness, peeling, or discomfort may occur. The acute oral toxicity of DIFFERIN® Gel in mice and rats is greater than 10 mL/kg. Chronic ingestion of the drug may lead to the same side effects as those associated with excessive oral intake of Vitamin A.

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winner story

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events

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SEVENTEEN.COM/PLAYLIST
50 CENT
"In Da Club"

how to stay shine-free

Prevent oily skin in even the hottest weather: The Titusville High tennis team in Florida put these products to the workout test. BY rachael nichol



from left: Stephanie, 18; Christina, 17; Cara, 16; Erica, 18; Kate, 18; Kristin, 17; and Christin, 14.

WHAT THEY TRIED	WHAT IT DOES	THEY SAY ...	WE SAY ...
 Clinique Pore Minimizer T-Zone Shine Control, $14, department stores	This gel **covers up large pores** and prevents oil production all day—apply it over or under your makeup.	 "My skin is really sensitive, but this gel was gentle. It got rid of any oil for three hours of tennis." –Kate, 18	"I love how **tiny my pores** looked after using this—my foundation went on smoothly, and I wasn't shiny at all." –Lulu, art assistant
 WIN! Clean & Clear Morning Burst Oil Absorbing Sheets, $5, drugstores	These sheets **soak up excess oil** on your face and change color to let you see how much you've removed!	 "These took all the shine away after my match—I looked and felt like I'd washed my face." –Christina, 17	"These blot my shine without messing up my makeup, and they're scented like **fresh laundry.**" –Ying, beauty director
 H_2O+ Oil-Controlling Toner, $17, h2oplus.com	This liquid toner feels cool, and it **has powder inside** that stays on your face to absorb oil all day long.	 "When I put on this toner, it made my skin tingle. My face felt clean the entire day in the sun." –Stephanie, 18	"I've always been scared to use toners, but this **erased my shine** and didn't dry out my skin!" –Desi, beauty editor
 Mark Matte-Nificent Oil-Absorbing Powder in Light, Mid, or Deep, $8, meetmark.com	This translucent powder gives your skin a **smooth, matte finish,** and it feels very light on your face.	 "I put on this powder right before my game, and it kept me oil-free the whole time." –Cara, 16	"This is perfect for **touch-ups.** Unlike some powders, it leaves you really matte but never cakey." –Rachael, beauty assistant

WIN! GO TO SEVENTEEN.COM/FREEBIES OR PAGE 141 FOR DETAILS.

STILL LIFES: JAY MUCKLE/STUDIO D.

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hairdo.

salon clip-in hair from
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and ken paves



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7 DAYS OF BEAUTY

SEVENTEEN.COM/PLAYLIST
MIMS "This Is Why I'm Hot"

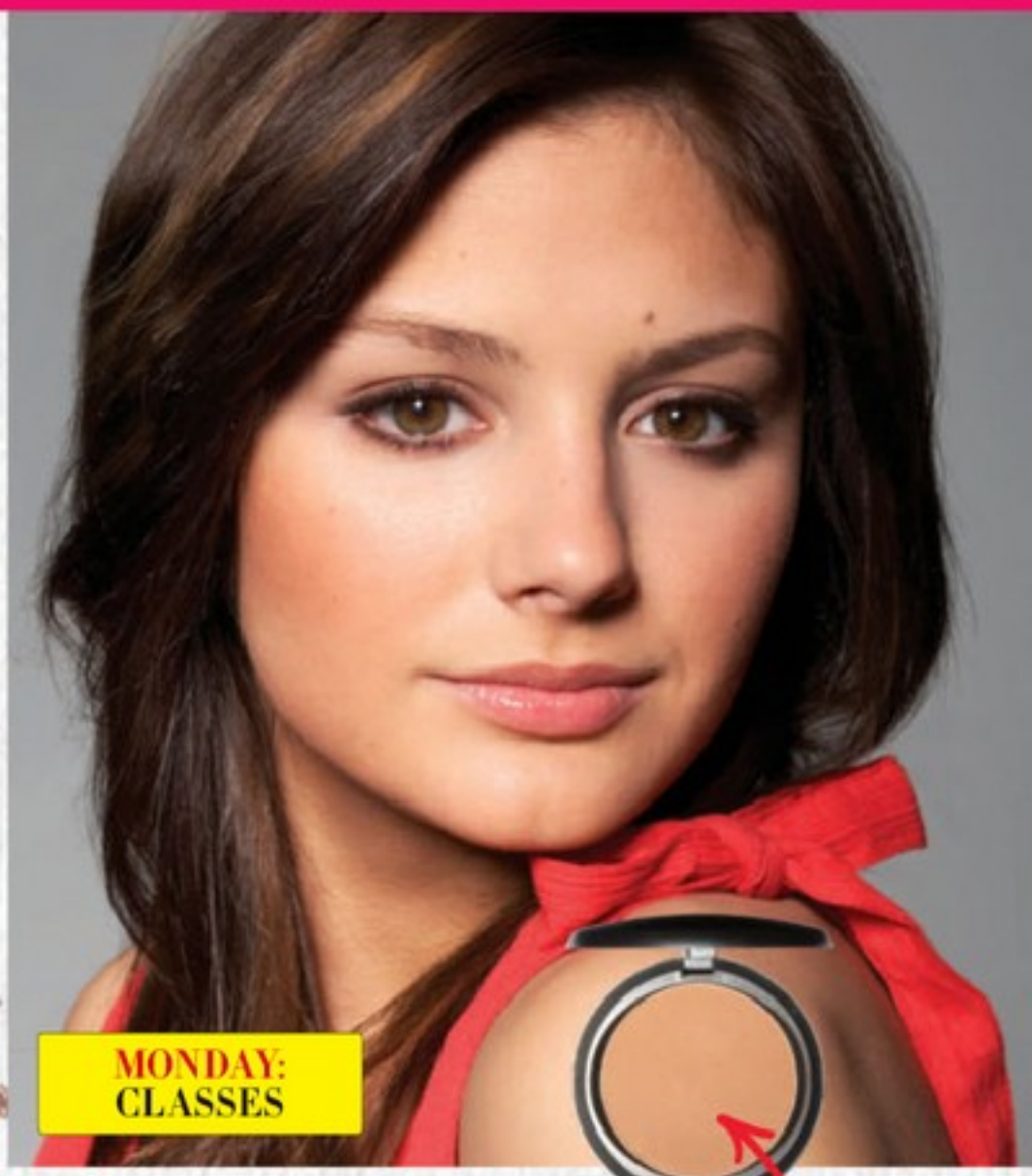
easy makeup every day

Finals are hard—getting ready shouldn't be. We give Christine, 20, a week of ideas so she (and you) can stress less! BY desi gallegos

your everyday makeup:



1. Maybelline New York Superstay Silky Foundation, $10, drugstores. 2. Physicians Formula Cheek Palette in Rose Palette, $8, drugstores. 3. Bonnebell Lip Lites Glossy Tint in Vanilla, $3, drugstores. 4. N.Y.C. New York Color Waterproof Eyeliner in Dark Brown, $4, drugstores. 5. Rimmel Magnif'eyes Mascara in Black, $7, drugstores.

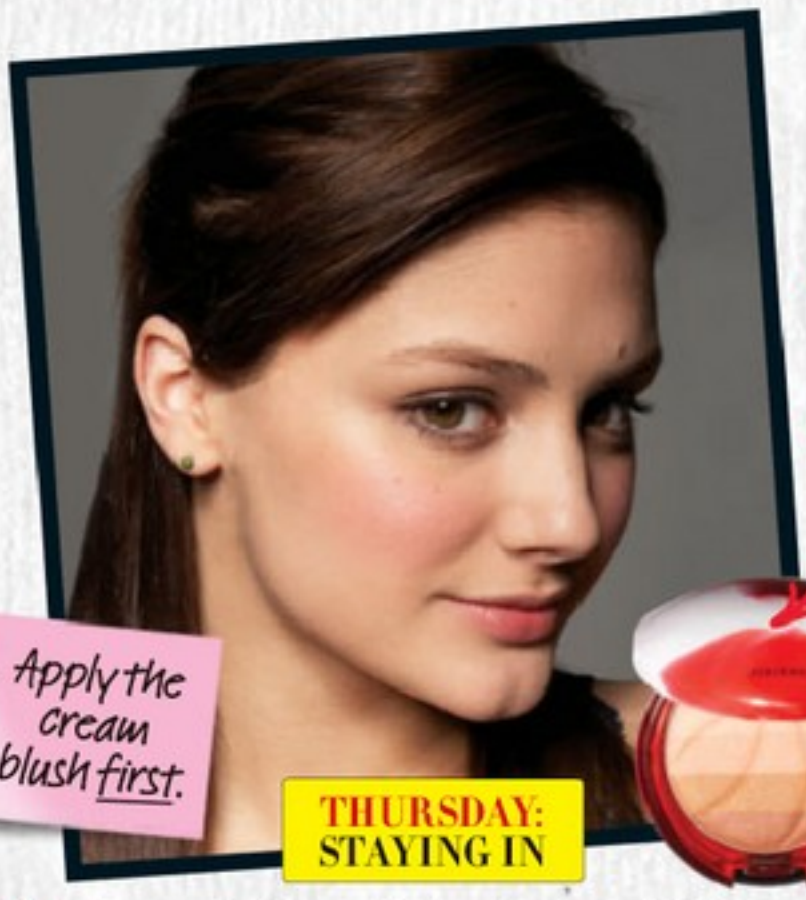


MONDAY: CLASSES

"Mondays are rough—I need something to make me look well-rested and healthy, even if I'm still tired from the weekend!"

17 TIP: Dust bronzer onto your cheekbones, the bridge of your nose, and your hairline to fake a glow.

add this
try: M.A.C Bronzing Powder in Bronze, $20, maccosmetics.com



Apply the cream blush first.

add this
try: Shiseido The Makeup Multi-Shade Enhancer in Sunset Glow, $35, department stores

THURSDAY: STAYING IN

"I like to make dinner with friends and watch *Ugly Betty*. It's a jeans and T-shirt night, so I want my makeup to be pretty yet simple."

17 TIP: Apply shimmery powder blush to the apples of your cheeks for a natural-looking flush.

WEB EXTRA
See our beauty editor's daily beauty blog at seventeen.com/beautyblog.



add this
try: Clarins Lip Colour Tint in Red Currant, $19, department stores

FRIDAY: GIRLS' NIGHT

"This is a big night out with my girlfriends. And since this night isn't about guys, I'm not afraid to try bold makeup."

17 TIP: Swipe two coats of sheer, silky red lipstick onto your lips for a look that's pure girly fun.

SEVENTEEN.COM/ PLAYLIST
BUSTA RHYMES "Break Ya Neck"



add this
try: Clinique Glosswear for Lips Intense Sparkle in Cosmic Pink, $14, department stores

TUESDAY: PART-TIME JOB

"On Tuesdays I work after school as a receptionist at a law firm. I need to look polished but not *too* made-up."

17 TIP: Slick a sheer pink gloss all over your lips for a look that's feminine *and* professional.

add this
try: CoverGirl Eye Enhancers 4-Kit Eyeshadow in Urban Basics, $5, drugstores



WEDNESDAY: MOVIE NIGHT

"This is my movie night with friends. I want to look pretty in a dim theater, just not as done-up as I do on weekends."

17 TIP: Layer brown and taupe metallic shadows to make your eyes stand out—but not look overdone.



SATURDAY: DINNER DATE

"My boyfriend and I try to hang out one-on-one on Saturday—he usually takes me out to eat. My eyes are his favorite feature (and the first thing he says he noticed about me!), so I like to play them up."

17 TIP: Trace along your upper and lower lashlines with a liquid liner for super-sexy eyes.

add this
try: L'Oréal Paris Lineur Intense Felt Tip Defining Liquid Liner in Black Mica, $9, drugstores



SUNDAY: SHOPPING

"I typically spend Sunday running errands and shopping with my mom or my friends. I like to look cute but natural, and I don't have a lot of time to get ready in the morning."

17 TIP: Roll on a berry-colored lip stain, then blot. It will last all day without touch-ups.

add this
try: Revlon Limited Edition Just Bitten Lip Stain in Berry Juicy, $12, drugstores



REAL-GIRL PHOTOS: CHRIS ECKERT/STUDIO D. SITTINGS EDITOR: BETSY MULLINIX. HAIR: MIKI MORI FOR UTOPIA NYC. MAKEUP: KEIKO HIRAMOTO. ON CHRISTINE: (MONDAY) DRESS, EZENIEL; (TUESDAY) TANK, SELF ESTEEM; EARRINGS, WET SEAL; (THURSDAY) TOP, DONNA KARAN; EARRINGS, WET SEAL; (SATURDAY) TOP, SELF ESTEEM; EARRINGS, WET SEAL; (SUNDAY) TOP, CHARLOTTE RUSSE. STILL LIFES: JAY MUCKLE/STUDIO D.

SEVENTEEN.COM/ PLAYLIST

MODERN ENGLISH
"I Melt with You"

JUSTIN TIMBERLAKE
"Like I Love You"

health

"The sexiest legs are active legs. Bike-riding is fun, and it builds a beautiful body!"
-RADU

HOTTER LEGS INSTANTLY!

Three easy tricks—no gym required.

1. Try a knee-length A-line skirt. The width at the hem slims your legs!
2. Wear heels—they make your calves flex, so you look strong and sexy.
3. Sweep body shimmer down the front of your legs to highlight their length.



MAIN PHOTO: BLOSSOM BERKO SAY; STYLING EDITOR: JESSICA MODELER. HAIR: ALEJANDRA FOR PHYTO/ARTISTSBYTIMOTHYPRIANO.COM. MAKEUP: BRET MEDEL FOR NARS/ARTISTSBYTIMOTHYPRIANO.COM. ON MODEL: BIKINI, ARIZONA; SKIRT, AÉROPOSTALE; SNEAKERS, CONVERSE. STEP-BY-STEP PHOTOS: JASON TODD. STYLING EDITOR: JILL DAVIS. HAIR AND MAKEUP: STACY BENEKE FOR MARK EDWARD INC. ON MODEL: YELLOW TANK, AMERICAN APPAREL; PRINTED TANK (UNDERNEATH), ZOO YORK; SHORTS, AMERICAN APPAREL; WATCH, TOY WATCH; SNEAKERS, ADIDAS.

INVISI-BIKE



A Lie with your legs up. Pump your legs like bike pedals for 30 seconds.

B Cycle in the reverse direction for 30 seconds. Do A and B 2 times each.

BUTT LIFTER



A Sit down with your arms slightly behind you and your knees bent.

B Lift your butt so your torso is parallel with the floor. Do 3 sets of 10 reps.

get toned legs

It's miniskirt season! Go for a ride on your ten-speed, then do celeb trainer Radu Teodorescu's moves three times a week for strong, firm legs.

WEB EXTRA Get in shape with exclusive videos at seventeen.com/trainer.

FLY GIRL



A Lie on your stomach with your arms out in front of you.

B Lift legs and torso off the floor. Return to A. Do 3 sets of 10.

PUSH POP



A Get in a push-up position with your arms and legs straight.

B Bend arms, look right, and lift left leg. Go back to A. Do 3 sets of 4 on each leg.

SEVENTEEN.COM/PLAYLIST
LUSCIOUS JACKSON
"Naked Eye"

is your period normal?

Everyone gets it, but no one *talks* about it. So here are answers to your top menstrual mysteries.

"Sometimes the blood is brown instead of red."

–ANDRIA, 15, HOUSTON, TX

YES!

A DOC SAYS: The brown color just means that the blood has been in your body longer. Blood and tissue form the lining of your uterus; the lining builds up over the course of the month, then flows out during your period. The typically bright red blood at the start is from the newest layer of the lining. Toward the end of your period, you start shedding the older, darker blood that has started to coagulate, like a scab would after you've scraped your knee. It's totally normal.

"My period comes more often than just once a month."

–MARCELLA, 16, VINELAND, NJ

YES!

A DOC SAYS: If your periods are about three weeks apart, you probably have a short cycle. A typical cycle—the time from the first day of one period to the day before the next—is 28 days long. But up to seven days shorter or longer than that is still normal. Since you've had your period only for a few years, it's common for it to be pretty off-schedule; it should even out by your twenties.

But if your second "period" each month is a lot lighter, you might be spotting—that is, bleeding *between* periods. This could be caused by birth-control pills (especially if you've missed a dose), as well as some medical conditions. If you also have really bad cramps or suddenly bleed more heavily than usual, it could mean that you have an STD, a thyroid problem, or uterine fibroids. It's best to see your doctor.

36% of readers are **embarrassed** to buy tampons.



17 FYI
You're not alone: 84 percent of *Seventeen* readers have worried their periods aren't normal.

"I'm 16, and I still haven't gotten my period yet."

–SELENA, 16, ABERDEEN, WA

NO!

A DOC SAYS: If you're showing other signs of puberty, like pubic hair and breast growth, at age 15, it's fine not to have had your first period. But now that you've turned 16, your doctor will want to find out *why* you haven't gotten it and what she can do about it. The most common causes are genetics or hormonal problems, which are sometimes triggered by your weight. When your body fat is very low, it can make estrogen levels drop too low to keep the reproductive system going properly. If that's the case, your doctor will help determine whether you need to gain weight and how to do it healthfully, and/or put you on birth-control pills to supply the hormones your body needs.

17 EXPERTS: Wendi G. Ehrman, M.D., assistant professor of pediatrics at the Medical College of Wisconsin; Steven R. Goldstein, M.D., a professor of obstetrics and gynecology at the New York University School of Medicine.

SEVENTEEN.COM/ PLAYLIST
THE CHAMPS "Tequila"

"I get really bad cramps before I even start my period."

–JENNIFER*, 14, SYRACUSE, IN

YES! **A DOC SAYS:** One to two days before you bleed, the muscles of the uterine wall start contracting to prepare to push out the menstrual fluid. If cramps are your only symptom, they aren't really a health problem—unless they get worse every month. In that case have your doctor check for endometriosis (a condition where uterine lining grows outside the uterus). For pain, take 200 mg of ibuprofen (like Advil) every four to six hours, starting a day or two *before* your period—it inhibits the release of prostaglandin, the hormone that causes cramps. Birth-control pills also reduce cramps by making your uterine lining grow less, so the muscles don't have to contract as hard to push out the blood. Calcium and vitamin D (the amount in four servings of dairy per day) help prevent cramps too. Already hurting? A heating pad on your stomach will relax the muscles.

WEB EXTRA
Predict how your cycle will affect you next month at seventeen.com/period.

"I'm thinking about using that birth-control trick to skip my period."

–ROSIE, 15, WASHINGTON, D.C.

YES! **A DOC SAYS:** You can, and it's safe. Here's how: Most birth-control packs include 21 days of hormone pills and 7 days of sugar pills. A few days after you start taking the sugar pills, you get your period; if you throw them out and instead go directly to the first hormone pill in your *next* pack, you won't get your period at all. (Healthwise there is no reason why you need to take the sugar pills and have a period.) There's also an FDA-approved pill called Seasonale that comes with three months of hormone pills followed by a week of sugar pills, so you get only four periods a year. You'll need a prescription to go on Seasonale, so talk to your doctor.

*Name has been changed.

"My period hasn't come in two months (I *know* I'm not pregnant)."

–JESSICA*, 18, BLUE SPRINGS, MO

YES! **A DOC SAYS:** Your cycle may just be irregular. Or it could be stress, which triggers the hormone cortisol that reduces the hormones that bring on your period. When the stress is over, your period should go back to normal. Losing or gaining a lot of weight can also throw hormones and your period out of whack. If you don't get your period for three months or more, see a doctor.


go with the flow
A typical girl today will have more than 400 periods in her lifetime!

"My period is thick, orange, 15 days long, and so smelly, my pants reek for days!"

–KATIE*, 18, SCARSDALE, NY

NO! **A DOC SAYS:** It seems like you've got a lot going on, but believe it or not, the only thing that is cause for concern is the odor. The color and texture just mean the blood has had time to coagulate (see the first question in this article). But a strong smell points to an infection, like bacterial vaginosis. Menstrual blood is less acidic than regular discharge, and that can allow normal vaginal bacteria to overgrow during your periods. Antibiotics from your doctor will help. Tell her how long your periods last too. It's typical for teenagers' periods to sometimes be longer or shorter than the average two to seven days. But it's a good idea to explain any symptom you're worried about, just in case.

"Clumps of blood come out during my period."

–MIRANDA, 16, OWEN SOUND, ON, CANADA

YES! **A DOC SAYS:** When you bleed heavily, blood starts to clot in the vagina before it can make its way out. This is nothing to worry about—unless you're soaking through more than eight tampons or pads a day. In that case see your doctor to find out why.



"I heard friends tend to all get their periods together."

–JOANNA, 19, NEW ULM, MN

YES! **A DOC SAYS:** This phenomenon is called *menstrual synchrony.* Doctors aren't sure exactly why, but it may have something to do with pheromones—hormonelike chemicals released by the body. The theory is that they stimulate ovulation, and when women spend a lot of time together, their bodies pick up on each other's pheromones and get the message to ovulate. When you ovulate together, you menstruate together!

83% of you got your **first period** when you were 13 or younger.

MAIN PHOTO (OPPOSITE) AND "GO WITH THE FLOW" PHOTO: SAYE. GIRLS: BLOSSOM BERKOFSKY. (ALL MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.)

SEVENTEEN.COM/ PLAYLIST
JUSTIN TIMBERLAKE "Rock Your Body"

seventeen's NEW BODY, NEW YOU 2007

stay healthy on vacation

It's fun to goof off and pig out when you're out of town, but with these sneaky tricks you could come back in better shape than when you left.

BY melanie abrahams



sweet escape Icy lemonade is so tasty because it has a *ton* of sugar in it. Stick to just one a day.

go ahead, skip the gym!

Here are three simple ways to get a workout—*without* working out.



the water's fine If you stay active, you will be too!

● make plans

Even if you're on a lay-out-on-the-beach kind of trip, sign up for at least one activity per day. An hour of sightseeing on foot, 45 minutes of snorkeling, or 40 minutes of hiking burn the same number of calories as 30 minutes of jogging.

● look for challenges

Keep an eye out for summit trails, historic towers with amazing views (but no elevators!), or a rock wall on your cruise ship. These activities will work your body *and* show you how much it's capable of. Maybe you'll even be inspired to stay active and take on more adventures once you're home!

● carry your own luggage

You could have a bellhop do it for you, but hauling those bags yourself will tone your arms.



"In the airport the other day, I picked up a sandwich and saw it had 900 calories—nearly half of what you need for a whole day! It really taught me to read labels before I eat."

–JoJo

MAIN PHOTO: TODD MARSHARD. JOJO: GEORGE HOLZ. SNORKLERS: CHRIS A CRUMLEY/ALAMY. 17 EXPERT: CHERYL SINDELL, C.N., AUTHOR OF *COOKING WITHOUT RECIPES: UNLEASH YOUR CREATIVITY AND PREPARE MEALS YOUR FRIENDS AND FAMILY WILL LOVE* (KENSINGTON BOOKS, 1997).

TURN for the scariest foods you can eat on vacay! →

SEVENTEEN.COM/PLAYLIST
JOY DIVISION
"Love Will Tear Us Apart"

watch out for these scary food traps!

They might look innocent, but these are the four most dangerous foods you'll encounter on your vacation. We've got your back with healthier suggestions!



OH NO!

VIRGIN PIÑA COLADAS

The cream and cream of coconut have *tons* of unhealthy saturated fat.

TRY INSTEAD: A VIRGIN STRAWBERRY DAIQUIRI

You can still get that delicious tropical taste without all the fat. But watch out—a virgin daiquiri still has a lot of sugar, so think of it as dessert instead of just a drink. If you're thirsty, order water or iced tea.



OH NO!

AIRPLANE FOOD

Standard airplane meals (even the snack packs) are full of sodium, which can make you feel bloated and look puffy.

TRY INSTEAD: BRING YOUR OWN MEAL

Make something at home that's healthy and won't get messy on the plane—like a burrito with low-fat beans, part-skim cheese, and avocado. Wrap it in foil, and take it with you!



OH NO!

ALL-YOU-CAN-EAT BUFFETS

Studies show that when you have more options in front of you, you're more likely to overeat.

TRY INSTEAD: ORDERING FROM THE MENU

Skip the all-you-can-eat option and order from the à la carte menu instead. That way you'll have had just enough when everyone else is painfully full. You might even have room for a little dessert!



OH NO!

CROISSANTS

Just one croissant actually packs more grams of fat than two glazed doughnuts!

TRY INSTEAD: WHOLE-GRAIN TOAST WITH A PAT OF BUTTER

The fiber in the bread provides lasting energy—*and* helps your body digest all the other goodies you've been eating!

pack your own snack

Take this sweet-and-salty mix with you to munch on when other healthy options aren't available.



- 2 cups fat-free popcorn
- 14 whole-grain crackers (broken into pieces)
- ⅔ cup lightly sweetened cereal (like Barbara's Peanut Butter Puffins)
- 1½ cups apple chips
- 1 tsp. cinnamon

Mix the ingredients together in an airtight container, then take two handfuls (about one cup) with you. It's easy and nutritious—one cup has just 85 calories but lots of fiber to keep you feeling full!

-Recipe courtesy of Sharon Richter, R.D.

GET FIT NOW!

Sign up for our New Body, New You plan at seventeen.com/challenge. Then click around to figure out your healthy weight, get nutritious meal ideas, find out what's in the foods *you* eat every day, and read motivational tips from JoJo's blog. (She's doing the plan too!)



Sign up for the challenge and enter to win two

Billabong travel bags

WORTH $150!

STILL LIFES: JAY MUCKLE/STUDIO D. "OH NO!" PHOTOS (CLOCKWISE FROM TOP LEFT): LEW ROBERTSON/BRAND X/CORBIS; TATIANA MARKOW/SYGMA/CORBIS; JAMES W. PORTER/CORBIS; GETTY IMAGES.

SEVENTEEN.COM/PLAYLIST
NIKKA COSTA "Everybody Got Their Something"



are you sabotaging your summer fun?

It's weird, but the end of the school year can totally stress you out—here's how to keep your cool as the weather heats up! BY elisa benson

THE STRESS → THE FIX

graduation and prom → set some specific goals

PROBLEM: YOUR HIGH EXPECTATIONS

It's easy to build up this fantasy of what your last days of school *need* to be like. But you can't control every detail. The harder you try to reach an unattainable ideal, the more crushed you'll be when it doesn't happen.

Make a list of just two or three things you can plan in advance, such as where you'll go for a preprom party or what you'll wear to graduation. Once they're done, just relax and enjoy! Not everything can be flawless, and some of the best times are "happy accidents."

you have no summer plans → play social coordinator

PROBLEM: THE LACK OF ROUTINE

Boredom can make you anxious, like you must be missing out on all this cool stuff. Eventually that can lead to depression—your brain convinces itself that you're *not* doing anything because you don't *want* to be doing anything.

Even if you spend most of your day watching TV, you've got to put yourself on a schedule. Set up a weekly dinner with your friends, and come up with a summer project you can tackle a little each day—like redoing your room. The routine will keep you motivated.

everyone is partying → take charge of your night

PROBLEM: FEELING LEFT OUT

There is always one big event that the whole school talks about. But if big parties aren't your scene—or worse, you don't actually get invited—it can make you feel like an outsider no matter how much you tell yourself you don't care.

Instead of making some random person's party the highlight of your social life, plan your own evening out with your closest friends. That way you won't care about the other kids at school. You'll just be focused on how much fun *you're* having!

WEB EXTRA How can you get rid of the stress in your life? Find out at seventeen.com/quizzes.

Jessica Alba shouldn't stress about the release of the *Fantastic Four* sequel this summer.

17 EXPERT: Norine G. Johnson, Ph.D., chief editor of *Beyond Appearance: A New Look at Adolescent Girls* (APA, 2001) and a former president of the American Psychological Association.

ALBA: X17AGENCY.COM.

NANCY DREW
IN THEATERS JUNE 15TH

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SEVENTEEN.COM/ PLAYLIST
STEVIE WONDER "All I Do"
BILL WITHERS "Lovely Day"

love life



"I was the best man in a wedding and locked eyes with a bridesmaid. Then we danced at the reception. Love was in the air that night—we ended up dating!"

-alex, 21, farmington hills, mi



TEXT & WIN!
Have you ever had a summer fling?
Use your cell phone to text your answer—"GUY YES" or "GUY NO"—to 83200 and you could win an Envision 19" Widescreen LCD HDTV (L19W461) worth $400! Go to seventeen.com/freebies or page 141 for details.
LOOK FOR THE RESULTS IN OUR AUGUST ISSUE.

"where i found summer love!"

Looking for a fling *or* a full-blown relationship? Keep an eye out at these hot spots—and you might snag a cutie.

AT A GAME



"I was playing in a baseball tournament and I caught this girl **smiling** at me from the bleachers. After the game, I went over and told her she was the only person who stood **out** in the crowd. We were inseparable for the rest of the summer."

–wade, 22, orlando, fl

ON A PLANE

"On a long **flight** the girl sitting next to me looked bored, so we **shared** my earphones and watched a movie. I never saw her again, but it was awesome while it lasted!"



–joe, 21, philadelphia, pa

ON THE BEACH

"Once, I met a great girl at a **surf** contest. She approached me after I came out of the water and told me I looked good out there. We started **talking** about how often we both go to the beach. It was really great because we had our **love** for the sport in common. We're still close today."

–aaron, 18, titusville, fl



AT MINI-GOLF



"I was at a mini-golf course, **goofing** around with friends. I hit the ball really hard, and it landed next to a group of girls. That 'accident' helped our two groups **merge**, and we ended up watching fireworks together that night."

–adam, 18, walker, ia

AT A THEME PARK

"I was working at an amusement park and helped this **cute** girl secure her seat on a ride. She smiled and made conversation with me, so after the ride, I asked for her **number**—we ended up dating for over a year!"



–prince, 22, houston, tx

MAIN PHOTO: BLOSSOM BERKOFSKY. (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.) SITTINGS EDITOR: JESSICA MORIBER. HAIR: ALEJANDRA FOR PHYTO/ARTISTSBYTIMOTHYPRIANO.COM. ON HER: DRESS, JOHNNY M. ON HIM: HOODIE, ELEMENT. MAKEUP: BRET MIEDEL FOR NARS/ARTISTSBYTIMOTHYPRIANO.COM.

SEVENTEEN.COM/ PLAYLIST
GEORGE MICHAEL "Faith"



you never know! Jennylee, a model, fell for dorky Nate on *Beauty and the Geek*, season three.

dating dares

Think there's no one good to date in your town? We've uncovered a few new guys for you to try! BY elisa benson

WEB EXTRA Which guy should *you* date this summer? Find out at seventeen.com/quizzes.

EMO GUY



He isn't afraid to get emotional. And he looks great in skinny jeans!

find him at: A dive-y diner with his buddies, debating the merits of My Chemical Romance.

your first move: This shy guy may not be big on words at first, so warm him up with a straightforward, nonintimidating question—"Hey, where did you get your messenger bag?"

hidden payoff: You'll gain the perfect confidant—a sensitive guy who will never clam up when you need to pour your heart out.

STORE CLERK



He's stuck at work and so bored—just waiting for you to distract him!

find him at: The video store, Pizza Hut, or Borders, quietly ringing up your order.

your first move: Write your name and phone number on the receipt he hands you, then slyly push it back across the counter.

hidden payoff: You have nothing to lose—and flirting with a cute stranger is a huge rush. Even if it never goes anywhere, you'll prove to yourself how bold you can be.

BLOGGER



You don't agree with all his posts, but they make you think about new issues—and whether he's as cute as his pics!

find him at: A friend of a friend's Top 8.

your first move: Bloggers love having an audience almost as much as they like a battle of wits, so stir up some controversy by telling him when you disagree with a post.

hidden payoff: An outspoken guy can stir up passions you never knew you had—and help you figure out what you really stand for.

CLUB PROMOTER



His job makes him a tad cocky, but that makes flirting way more fun!

find him at: Any local music venue—selling band T-shirts or handing out fliers.

your first move: Give him a hard time. Smile as you dish out a gentle dig—like a cleverly sarcastic comment about his tattoo or sneakers. He'll see *you're* confident too.

hidden payoff: You'll get to practice your witty comebacks and verbal-sparring skills. (Plus, he has first dibs on concert tickets!)

WARNING: DON'T DATE THIS GUY!

COWORKER

It's not *just* the office gossip—it's what your boss will think if you get caught flirting. When you're getting paid, check the drama at the door!



get to work John Krasinski is off-limits at *The Office*. But he's single in real life!

17 EXPERT: Miriam Datskovsky, former relationship columnist for the *Columbia Daily Spectator* at Columbia University in New York, NY.

MAIN PHOTO: COURTESY OF THE CW. KRASINSKI: NBC PHOTOS/MITCHELL HAASETH.

It's a whole new experience in hair removal!

"Mine smells like a Cosmo!"

"Mine's Margarita – what a blast!"

new! Epil-Stop Silky Crème Hair Remover

Cosmopolitan Berry Scent!

Margarita Lime Scent!

3 minutes

Aloe
Shea Butter
Sweet Almond Oil



New! Epil-Stop Silky Crème Hair Remover

Check this out....

Epil-Stop is the new hair remover that gets your body silky smooth without a second of stink! In two phenomenal fragrances – Margarita Lime and Cosmopolitan Berry! Both leave you silky and stubble-free in as fast as 3 minutes – both smell fruity and fun.



"Try Perfect Finish Neutralizing AfterWash after Epil-Stop!"

www.epilstop.com

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LOVE LESSONS FROM . . .

dj am

This super-hot Hollywood DJ reveals his tricks for spinning your latest crush into your *boyfriend.*

SEVENTEEN.COM/PLAYLIST

GEORGE MICHAEL "Freedom 90"
KC AND THE SUNSHINE BAND "I Get Lifted"
A TRIBE CALLED QUEST "Scenario"
DAFT PUNK "Around the World"
JUSTICE VS. SIMIAN "We Are Your Friends"
DAFT PUNK "Robot Rock"
SINÉAD O'CONNOR "I Want Your (Hands on Me)"
THE DOOBIE BROTHERS "Listen to the Music"
THE BRAND NEW HEAVIES "People Get Ready"
THE CARDIGANS "Lovefool"

Check out his hot summer playlist throughout this issue, and download it all at seventeen.com/playlist!



dj am (real name adam goldstein) plays at the hottest clubs around the world—including his own spot, LAX, in Los Angeles.

1. always be honest

If you try to be someone you *think* a guy wants, he won't get to know the **real** you. I used to think I wasn't good enough, so I'd tell a white lie to seem "better." Then I realized that by not being **myself,** I was taking away her choice to decide whether she actually liked *me*.

2. confess your feelings

When you like a guy, it's **important** to say, "I'm falling for you," instead of playing like you're not. What do you have to lose? Chances are that he **feels** the same but is just acting cool.

3. stay chill

I'm in clubs a lot, and if I see a girl hop up on a table to dance to a song, I'm like, "She's **rad.**" But if she's up again in 20 minutes, she just wants attention. Trying to **steal** the show isn't attractive when it's forced.

4. tune in

The best way to get closer to a **guy** you have a crush on is to have a music-listening session together. Sharing songs is a beautiful thing—it tells you what **touches** a person and how you'll flow with them in the future.

5. stress less

Girls don't realize how **beautiful** they are—just the way they are. I've had problems with girls who are insecure about their bodies or just scared I'll leave them. **Stop** trying to fix what isn't broken.

WEB EXTRA
What else did DJ AM tell us? Find out at seventeen.com/djam.

AM's exes



dj am and former fiancée, nicole richie

mandy moore and dj am



HAIR PHOTO: SETH BROWARNIK/WIREIMAGE.COM. DJ AM AND RICHIE: DONATO SARDELLA/WIREIMAGE.COM. MOORE AND DJ AM: BAUER-GRIFFIN.COM.

"It turns pink!"

(Changes color as it neutralizes chemical residue!)

"So I'm not red!"

new!
Perfect Finish
Neutralizing AfterWash™
by Epil-Stop®

Neutralizes Hair Remover Chemicals On Contact

Revolutionary!
Helps prevent bumps, irritation, and redness!

"Just Perfect!"

Introducing Perfect Finish Neutralizing AfterWash™

Do hair removers leave your skin red, irritated, and smelly?

Know why? After you wipe and rinse them off, hair remover chemicals are still in your pores – where they can burn, redden, and cause bumps. Not exactly the look you were going for.

The solution? Perfect Finish by Epil-Stop. Use it like a body wash after you wipe off your hair remover. The lather turns pink as it neutralizes chemicals in your skin. Keep lathering until it turns clear – that means chemicals are all out of your pores. Even the smell is neutralized! Then botanical conditioners make your skin calm, smooth, and satiny. How's that for a perfect solution?

Hello pink. Goodbye red.

"It's from Epil-Stop!"



www.epilstop.com ©2007 Idelle Labs, Ltd. All Rights Reserved. Epil-Stop® and Perfect Finish Neutralizing AfterWash™ are trademarks of Helen of Troy Limited.

SEVENTEEN.COM/ PLAYLIST
THE STROKES "12:51"

where the boys are

Make your summer sizzle with these sexy celebs (and real guys like them!).

BY melanie abrahams

Justin Timberlake

Check out Justin's blend of soulful sounds and killer dance moves while he's on tour starting in August.

FIND YOUR OWN JUSTIN . . . at the golf course. Justin is so good, he's down to about a six handicap. Watch out, Tiger!



Adam Levine

Pretend Adam is singing to just you when Maroon 5's CD, *It Won't Be Soon Before Long,* hits stores on May 22.

FIND YOUR OWN ADAM . . . shooting hoops. Adam loves the game so much, he stayed in a basketball-themed hotel suite on his last birthday!



James Franco

He might be a bad guy in *Spider-Man 3,* (out on May 4), but we think he looks *good*!

FIND YOUR OWN JAMES . . . at the airfield. This smoldering intellectual has his pilot's license and loves to fly.

TIMBERLAKE: MAX VADUKUL/CONTOUR PHOTOS. EFRON: COURTESY OF DISNEY. BLOOM: COURTESY OF DISNEY. EVANS: MICHAEL MULLER. RADCLIFFE: COURTESY OF PETER THOMPSON ASSOCIATES. AKON: JONATHAN MANNION. FRANCO: COURTESY OF COLUMBIA PICTURES. LEVINE: COURTESY OF A&M/OCTONE. CANNON: COURTESY OF MTV. WENTZ: PAMELA LITTKY.

SEVENTEEN.COM/ PLAYLIST
THE RAMONES "I Wanna Be Sedated"

Zac Efron



Watch the *High School Musical* cutie as he sings and dances once again in the movie version of *Hairspray*, out on July 20.

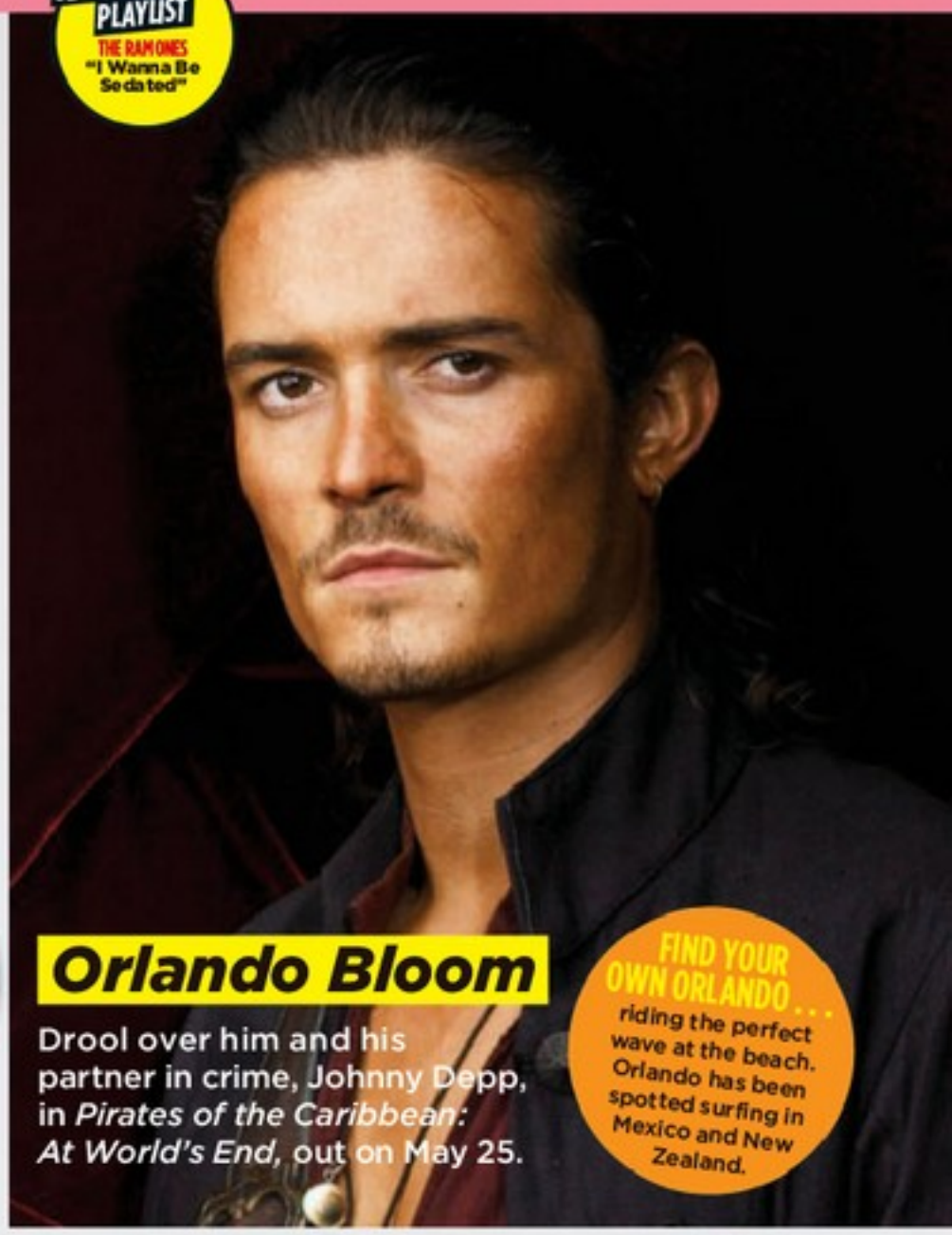
FIND YOUR OWN ZAC . . . at the dog park. Zac has two canine pals of his own: Dreamer and Puppy.



Nick Cannon

He'll totally crack you up on *Nick Cannon Presents: Short Circuitz*, a new sketch comedy show that's on MTV now.

FIND YOUR OWN NICK . . . at the bowling alley. He's been seen bowling with famous friends—including Tyra Banks!



Orlando Bloom

Drool over him and his partner in crime, Johnny Depp, in *Pirates of the Caribbean: At World's End*, out on May 25.

FIND YOUR OWN ORLANDO . . . riding the perfect wave at the beach. Orlando has been spotted surfing in Mexico and New Zealand.



Pete Wentz

He's known for flirting with fans, so check out Fall Out Boy live in May and June.

FIND YOUR OWN PETE . . . at other bands' shows! Pete is a big fan of Panic! At the Disco and up-and-comers Cobra Starship.



Chris Evans

Chris *really* turns up the heat (in more ways than one!) as his character Johnny Storm becomes the Human Torch in *Fantastic Four: Rise of the Silver Surfer* (out on June 15).

FIND YOUR OWN CHRIS . . . hanging at the batting cage. Chris has played with a softball league in Southern California.



Akon

Get tickets to one of Gwen Stefani's concerts for a peek at the hot opening act, Akon (*and* his abs!).

FIND YOUR OWN AKON . . . at Foot Locker. Akon loves showing off his collection of Nikes, Pumas, and Adidas.



Daniel Radcliffe

Imagine *you're* the one Harry is kissing in *Harry Potter and the Order of the Phoenix* (out on July 13).

FIND YOUR OWN DANIEL . . . at a guitar store. When he's not in character, Daniel likes to jam on his bass guitar!

SEVENTEEN.COM/PLAYLIST
YOUNG LOVE
"Discotech"
FEDDE LE GRAND
"Put Your Hands Up For Detroit"

real life



hairy situation Shauna underwent a five-hour surgery that left a six-inch scar on her head (pictured).

"i had brain surgery . . . for headaches!"

For years, Shauna, 18, experienced head pain so intense, no medication could make it go away. At first doctors told her she was fine. Then they finally discovered the freaky cause.

AS TOLD TO whitney joiner



I have always been pretty driven, constantly running from one activity to another. Back in the winter of 2002, my schedule was jam-packed: cheerleading practice an hour and a half a day (five days a week), then soccer practice the next season. I also had tons of studying; it was a lot, but I thought I was totally on top of it. Then one day at the end of cheerleading practice, I suddenly felt a sharp, pulsing pain in the back of my head near the bottom of my skull. How strange, I thought. (Usually when I got a headache—which wasn't often—it was in the front or at the top of my head.) The ache lasted for a few minutes and went away, but then it came back. So when I got home, I took some Excedrin and lay down. Eventually the pain disappeared.

HEAD GAMES

During the next few months, the weird aches kept coming back—as often as three times a week. And they grew more excruciating. Aspirin stopped helping, so my parents took me to my pediatrician. He examined my head but didn't find anything unusual. "Let's wait and see if the headaches continue," was all he said. I felt like a baby for complaining about something that evidently wasn't serious. I decided from then on to just suck it up.

WEB EXTRA Share your shocking story at seventeen.com/mylife.

By fall 2003 I had headaches daily, but I went on with my life as if nothing were wrong. Then in April 2004 a new pediatrician ordered an MRI of my brain. But the test came back fine. I felt *so* frustrated. Why couldn't any doctors figure this out? I wondered.

STRANGE SIGNS

Over the next year, when I was 16, the headaches really started affecting my life. I could barely eat or drink sometimes because it was hard to swallow. The pain kept me up nights, so I felt exhausted all the time. I couldn't focus in class, and sometimes I fell asleep with my head on my desk. I even quit cheering—I'd get dizzy and fall during stunts—and spent more time lying down, resting because of the pain.

That fall I gathered up enough energy to attend a semiformal dance at my school. Everything went fine—until my date and I started dancing. My head began to pound so badly that I had to sit down. Someone gave me aspirin, but it didn't help. We ended up going home early. After that, whenever friends invited me to go to the movies or shopping, I'd say no. I didn't want my headaches to ruin their good time.

Meanwhile, my mom and dad were *determined* to find out what was wrong. We went to five different doctors, who gave me CAT scans and an ECG. But every test came back normal. I felt hopeless, like I was going to have to live with this pain for the rest of my life.

> "I had scary thoughts: What if they cut off the wrong part of my brain?"

MYSTERY SOLVED

In October 2005 my parents took me to see a neurologist, who looked at my old MRI. A week later, on my 17th birthday, the telephone rang. It was my doctor. "Your MRI *wasn't* normal after all," he told me. "You have a serious brain disorder. I need to see you in my office right away." I know it sounds crazy, but I felt this weird sense of relief. Finally someone knew what was wrong!

A few days later the neurologist explained that I'd been born with Type 1 Chiari malformation [see box below], which was causing my headaches. "The only way to fix the problem is through surgery," he said. The thought of having brain surgery would terrify most people, but deep inside I felt calm. I just wanted the problem *fixed,* once and for all.



smiling again Shauna poses with her doc (above) post-surgery . . . and parties at prom four months later (left).

But in December 2005, a week before my surgery, I started having scary, irrational thoughts: What if they cut off the wrong part of my brain? What if the anesthetic doesn't work?

Luckily the surgery went fine. I was in a lot of pain afterward, but once the stitches came out, the soreness gradually faded. Still, I was nervous. Every time I bent to pick something up, sneezed, or laughed, I'd pause for a few seconds, waiting for a headache to come. But it never did. Eventually it sank in: I was free from those awful aches at last!

The surgery changed my life. Not only do I appreciate every day more, but I also look at things more deeply. Before the headaches, I had no idea what I wanted to do when I grew up, but when I start college this fall, I'm going to study nursing. I know what it's like to feel horrible pain and be scared that it will never go away. Now I want to help other people get through that. 17

GOT A HEADACHE?

Don't panic! Many **triggers**—like stress, dehydration, loud music, and caffeine withdrawal—could be causing it. Your head **hurts** because blood vessels become enlarged, and the inflammation causes the pain. Over-the-counter pain **medications** fix most aches, but if symptoms persist, see a doctor.

Chiari malformation is a birth defect where a part of the cerebellum—the area of the brain at the base of the head—extends out of the skull and puts pressure on the spinal cord. It's not that rare! An estimated 1 in 1,000 people have it.

MAIN PHOTO: AMY ROOT-DONLE.



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SEVENTEEN.COM/ PLAYLIST
THE CLASH "Should I Stay or Should I Go?"

find your perfect college this summer

Avoid the rush and visit your favorite schools *now.* These student tour guides reveal how to tell which one is right for you!

BY melanie abrahams



reading material
Check out fliers about events on campus to see if you'd be happy with the social scene.

WHY PLAN A TOUR NOW?



"When I give campus tours during the **summer,** the tour groups are a little smaller, so the students have more of an **opportunity** to ask me the questions that are specific to them. Since I don't have classes, I have time to take them around to different places in the **neighborhood** and really show them the area. It's a lot more personalized."

–LAURA, JUNIOR AT CARNEGIE MELLON UNIVERSITY

how to convince your parents

If your mom and dad are giving you resistance, take this advice from Lisa, a junior at American University.

say this:



"I know it's an expensive, time-consuming trip, but this is an investment in my future. I'll be living at college for the next four years, and seeing the different campuses will help me make a smart choice. I've narrowed down the list of schools I want to visit, planned the most efficient travel routes, *and* researched hotel deals. All you have to do is come with me!"

MAIN PHOTO: JASON TODD.

TURN for more advice from our tour guides! →



SEVENTEEN.COM/ PLAYLIST
ELECTRIC SIX
"Danger! High Voltage"



plan ahead

Get the most out of your trip with these tips from Catie, a student guide at Pennsylvania State University.

☑ **Request a tour** Book ahead or you could miss out. Some schools tour certain areas of campus on certain days, so if you don't plan, you might not get to see what you want—or worse, the tours might be full!

☑ **Schedule a meeting** Ask to meet with an academic adviser or the head of the department you're most interested in. She'll give you a good idea of what your workload will be like.

☑ **Spy on a class (or two!)** Most schools offer courses in the summer, so ask to sit in on a class to see what the academics are really like. If they offer big lectures *and* small seminars, go to both.

☑ **See where you'll eat and sleep** Dorms and dining halls aren't part of every college's tour, so make a point of asking your guide to bring you to them. You should get a feel for the living arrangements (and see if the food is edible!) before moving in.

catch the last wave



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interview solo

If your parents insist on coming to your interviews, here's a way to let them down easy so you can sell yourself—*by yourself.*



say this:

"I'm so glad you're coming with me to see the school—I don't think I could do this without you. But I know I need to show my initiative and independence by going into the interview by myself. Will you help me practice my interview skills beforehand so I feel less nervous?"

–SYDNIE, SENIOR AT BARNARD COLLEGE

TALK TO STRANGERS

Don't be intimidated—you'll learn a ton from chatting up other current students.



"As much as your tour guide **loves** her school, she's also getting paid to say nice things about it. You're more likely to get raw, **honest** info from students hanging out in a café. If you see someone who could be an undergrad, say hi and ask *her* what the **vibe** is on campus."

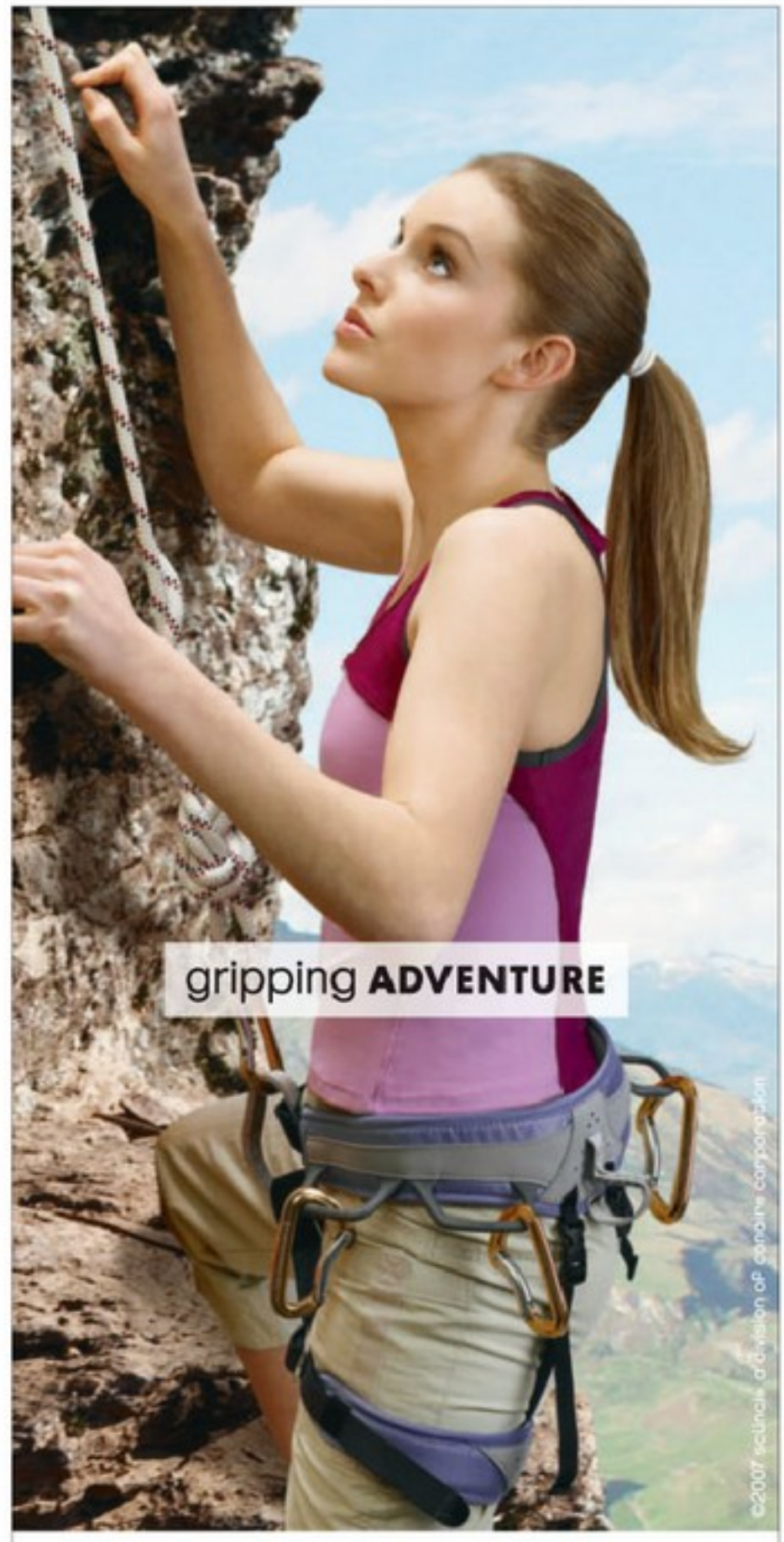
–LIZ, SENIOR AT THE UNIVERSITY OF NOTRE DAME

CAN'T GO?

TAKE A VIRTUAL TOUR

If you can't make it to your dream schools in person, you can still see the campus, students, parties, and more with an online virtual tour at seventeen.com/tours!

MAIN PHOTO (OPPOSITE PAGE): JASON TODD.



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SEVENTEEN.COM/ PLAYLIST
CUTTY RANKS "The Stopper"



get a summer job now!

Jobless in June? It's not too late! These tips will hook you up *fast.* BY elisa benson

your attack plan

1 tell everyone

Spread the word to all your friends and family that you're on the hunt for a job. Not only can they **connect you** with *their* bosses, but they also may be able to hook you up with quick-cash opportunities, like house-sitting or garage-cleaning. Hey, it's money!

2 make the trek

Brainstorm 20 potential places you'd like to work. Then visit each business *in person* to ask about open jobs. The face time makes you more **memorable** (and impressive!) than someone who just leaves a message, so the extra effort is worth it!

3 come prepared

To fill last-minute jobs, bosses will often want to talk on the spot—so arrive **dressed to interview** (try black pants with an *un*flashy top), and bring the phone numbers of your references. Prepare thoughtful responses to questions like "Why do you want this job?"

4 be flexible

Stress that you're willing to work **nights and weekends**—these shifts are often the last ones left. If you have conflicts, spin them in your favor by saying, "I'll be out of town the first week in July, but otherwise I can be here whenever you need me."

how I got a summer gig

"When I asked my friend to help me get a job, he personally handed my résumé to the owners of the ice cream shop he worked at. They called both of the references I had listed—who put in a good word—and then they hired me! It's important to stay in touch with people and use your connections."



–ingrid, 21, abingdon, va

your best bets



nicole and paris as camp counselors on the upcoming season of *The Simple Life.*

☑ SEASONAL BUSINESSES

Pools, beach clubs, day camps, wedding venues, caterers, and **ice cream shops** frequently have last-minute openings since they rely on help from students—whose busy schedules sometimes force them to give up jobs.

☑ DO-IT-YOURSELF JOBS

Babysitting, dog-walking, and **pet-sitting** are easy ways to set your own schedule. Or you could help busy parents **garden, mow lawns,** or **do housework.** Post fliers in your neighborhood or advertise on craigslist.org.

WEB EXTRA
Be your own boss! For more tips on starting your own business, go to seventeen.com/jobs.

17 EXPERT: **Tory Johnson,** CEO of Womenforhire.com, a national recruitment-services firm.

MAIN PHOTO: ALLOY PHOTOGRAPHY/VEER. RICHIE AND HILTON: BRANDON HICKMAN FOR E! NETWORKS.

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Real	Poly	TOP CHART HITS	
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43928	43975	MIMS	This Is Why I'm Hot
43748	43744	AKON	Don't Matter
42991	42969	GWEN STEFANI FT AKON	Sweet Escape
43639	43634	GYM CLASS HEROS	Cupid's Chokehole
42820	42807	FALL OUT BOY	This Ain't A Scene
43149	43147	DAUGHTRY	It's Not Over
42760	42758	JUSTIN TIMBERLAKE	What Goes Around...
43877	43871	AVRIL LAVIGNE	Girlfriend
42546	42547	NELLY FURTADO	Say It Right
42684	42677	LUDACRIS FT MARY J BLIGE	Runaway Love
43257	43250	OMARION	Ice Box
44099	44096	RIHANNA & SEAN PAUL	Break It Off
36947	36936	BEYONCE	Irreplaceable
43260	43253	ROBIN THICKE	Lost Without U
42776	42724	LLOYD FT LIL'WAYNE	You
43623	43605	P DIDDY FT KEYSHIA COLE	Last Night
44481	44480	NICKELBACK	If Everyone Cared

Real	Poly	TONES HOTLIST	
42522	42372	UNK	Walk It Out
43052	43042	FAT JOE FT. LIL'WAYNE	Make It Rain
40767	40755	AKON FT. EMINEM	Smack That
42523	42371	JIM JONES	Fly High
36668	36667	HINDER	Lips Of An Angel
42775	42778	RASCAL FLATTS	What Hurts The Most
23918	23767	BLACK EYED PEAS	My Humps

SOUND EFFECTS



22997



25929

26609	SPONGEBOB
22768	BABY GIGGLE
16823	THE O.C THEME SONG
36241	SUPER MARIO BROS
13958	SHREK's DONKEY

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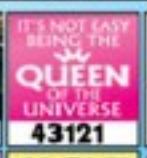

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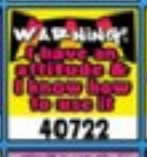

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34287

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"THE HIGH ROAD"
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seventeen

June inspirations

party girls!
page 134

Girls like Tara Conner (right) have come under fire for partying too hard. We uncovered what *really* happens when you go overboard.



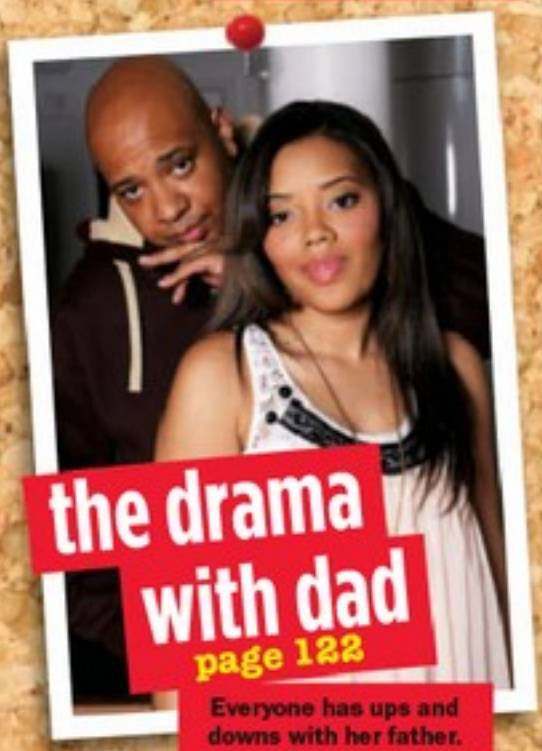
fergie
page 102

Fergie channeled Betty Boop for her fun photo shoot—she seriously has the most incredible legs!



the drama with dad
page 122

Everyone has ups and downs with her father. Angela Simmons shared her feelings about *her* dad, Reverend Run. (It's stuff you never saw on their MTV show!)



SEVENTEEN.COM/PLAYLIST

A TRIBE CALLED QUEST "Check the Rhime"
DNA (SUZANNE VEGA) "Tom's Diner"
TOM TOM CLUB "Genius of Love"
STEVIE WONDER "I Wish"
CHIC "Good Times"
BELL BIV DEVOE "Poison"
EARTH, WIND & FIRE "September"



best summer ever
page 108

This summer should be the one you remember *forever*—and with a little help from our experts, it will be.



drugstore diva
page 124

Our beauty editor, Desi, scoured the drugstore aisles and created five hot looks (like the one above) for under $100! No joke.





just add water
page 112

So long, sarong! The runways showed new ideas for covering up your suit—so we did it the *Seventeen* way.

CONNOR: JENNIFER MITCHELL/SPLASHNEWS. FERGIE: GEORGE HOLZ. BETTY BOOP: PHOTOS 12/ALAMY. RUNWAY PHOTOS: (DSQUARED²) MCV PHOTO; (LACOSTE) IMAXTREE.COM. REVEREND RUN AND ANGELA SIMMONS: COURTESY OF MTV. "BEST SUMMER EVER" PHOTOS: (MAIN) BLOSSOM BERKOFSKY; (INSET) TODD MARSHARD.

fergi

Fergie is "the dutchess" of fun! But this time she wants to show her serious side so you understand her strength too.

Who *doesn't* want to be like Fergie (aka Stacy Ferguson)? She has a sick body, a cool voice, and she dates one of the hottest guys on TV (*Las Vegas*' Josh Duhamel). On top of that, everything she touches turns to gold—make that *platinum*. She is in the multiplatinum-selling group The Black Eyed Peas; her solo album, *The Dutchess*, has produced three number-one singles; and she is launching a solo tour in May. But the 32-year-old from Hacienda Heights, California, with the rock-hard abs and killer legs didn't always lead the "Glamorous" life she sings about. Like all of us, Fergie has made some mistakes—from trivial hair traumas (like the time she accidentally turned her hair green) to the life-threatening (her crystal meth addiction). Here, Fergie writes a letter to herself at 17 years old so she can share her most important life lessons. ⇨

As told to Deborah Baer

Photographs by George Holz



ON FERGIE:
Dress, BCBG Max Azria; hair clip, earrings, and bangle, all her own; diamond bracelets, vintage; shoes, Cesare Paciotti.

a letter to me at 17



dear stacy...

Wow, for a 17-year-old, I've gotta say: You're a pretty cool chick—even though you have giant bangs and a really bad perm. But on a more serious note, I have to give you props for never limiting yourself to just one clique. (I think you learned that when you were on *Kids Incorporated* in the '80s because the show was so multicultural.) One year you're in beach-girl mode, and all your friends pile into your hot convertible Mustang, put DJ Quik in the cassette player, and head to Newport Beach. The next you're into the low-riding, chola cha-cha thing, then you're feeling hip-hop and trying to break-dance on cardboard.

It's funny because later on in life, you'll be criticized since people won't know how to define you. A lot of narrow-minded people will think it's hard to put you in a category because they don't really know what you're about. But slowly and surely you'll show people where you came from and who you are.

When it comes to guys, you'll refuse to compromise your principles. You'll stay a virgin for another year, even though you think you're ready to do "it." You'll wait because of your spiritual beliefs. And then you'll do it because you'll *really* believe that he's the one you're going to marry (though he's not). You'll date him for five years. It will be great at first, then things take a bad turn, and you'll finally realize your relationship is really unhealthy because of jealousy.

Over the years you're going to have a lot of serious boyfriends and learn so many lessons. Especially about how a lot of times when something goes wrong, you'll automatically have a tendency to think that it's *your* fault—when it's really the *guy's* issue. You'll become a huge believer in making sure you're doing everything right, but you need to be aware when the guys aren't—because that's something *they* need to deal with. When they're doing negative things and trying to put [the blame] on you, you'll need to break up with them.

It's hard to do. It's something that you'll have a huge problem with, but you'll work on it through therapy and reading books like *The Secret* and *The Power of Your Subconscious Mind*. (You'll be happy to know that all of that hard work will pay off when you finally meet the love of your life, Josh! We'll talk about him a little more later—he's great!)

Sometimes you'll get catty and fight with your friends over boys, but you'll later regret it. You'll realize that arguing about a guy just gives him the power to decide which girl he wants to be with instead of *you* deciding if he's really right for you. Look, he's either going to like you for who you are or he's not—the silly competition isn't necessary.

In the next few years you'll see that lots of girls and guys are competitive when it comes to sex. They're promiscuous because they actually *want* to have notches on their belts. You'll think that's disgusting—that it's not something to brag about. Along the way you'll realize that your body is a gift, and that when you respect yourself, other people will respect you as well. You'll actually like bragging about the fact that the number of guys you've slept with is *low*—and that gives you self-esteem! The awesome thing that I'm so proud to tell you is that you'll never disrespect yourself by having a one-night stand. ⇨





ON FERGIE: Dress (left), Olga Kapustina; dress (center), Juicy Couture; dress (right), BCBG Max Azria; hair accessories, earrings, and bangle, all her own; all bracelets, vintage; all shoes, Cesare Paciotti.

Sure, you'll be a giant flirt and wear sexy clothes, but you'll never take it to an unhealthy level and act on it.

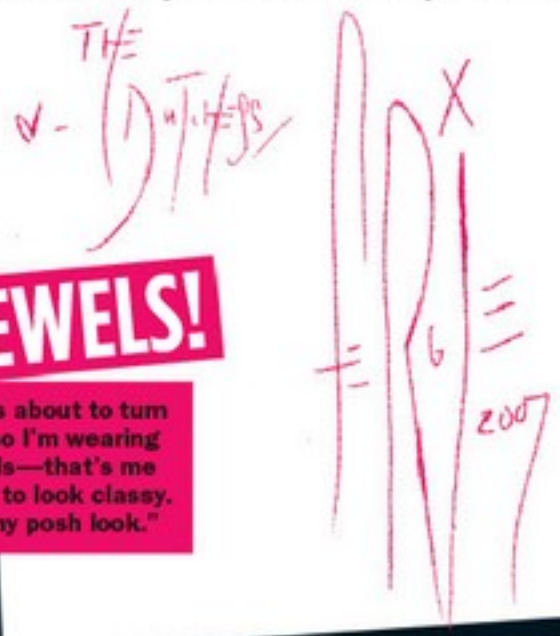
Unfortunately things will get ugly for you after high school. The good news is, you're going to get your first record deal with your all-girl group, Wild Orchid, when you're 18. But then, in your early twenties, you'll make the biggest mistake of your life when you try crystal meth. It will be fun for about a month, but after that, your whole life will go downhill. You'll party a lot, even going out to underground clubs in L.A. at 6 A.M., renting limos for all your friends and picking up the tab like a big shot.

Once you're hooked on drugs, you'll spend all the money you've worked so hard to earn, and you'll get into massive credit card debt. You'll lie to everyone around you, including your parents. And your life will spin *completely* out of control. You'll hit rock bottom, and you'll be in such bad shape physically, emotionally, and financially that you'll move back into your mom's house and go on unemployment.

Finally you'll realize that self-medicating doesn't work, and you'll celebrate being clean with an eyebrow piercing and a new name—Fergie—so you can start from scratch. You'll stop doing drugs, and you'll say to yourself, I know where that goes, and I never want to go back there again.

Then you're going to have huge success, first with The Black Eyed Peas, then as a solo artist. You'll be a role model to young girls. Yeah, you'll still dress sexy, but you'll want girls to know that you're an entertainer, and as such, you're allowed a little more poetic license to play a character. But in the real world, you don't flaunt your body to get a guy.

You'll meet Josh when you're 29, and because of your busy schedule, you'll have a healthy phone relationship first and actually get to know each other, so you can see that he's a real person and not just a pretty boy with no brains. You'll fall in love, and your relationship will be goofy and fun—just the way you always dreamed one could be. Even though you live together, he'll take you out on nice dinner dates because you're old-fashioned and you like to be courted. You'll even get ready in another room of the house, so you can come out and show him how pretty you look for him. It'll be so cute! But most important, every day you'll be grateful for how blessed your life is. You know you're not perfect, and you'll allow yourself to make mistakes. Sometimes you'll make a few too many. But don't worry, you'll always come back to your roots. 17



MY JEWELS!

"I was about to turn 18, so I'm wearing pearls—that's me trying to look classy. It's my posh look."



MY BODY!

"This was my beach phase. This photo is proof for all those people who've said I've had plastic surgery."





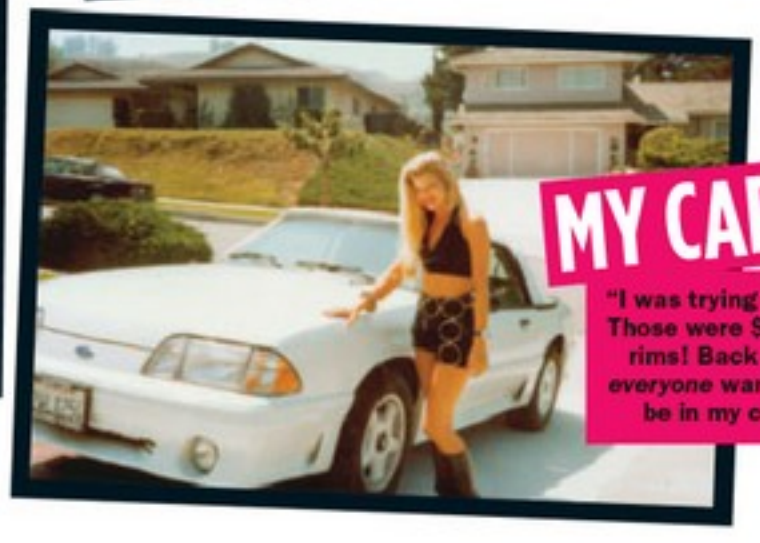
MY HAIR!

"It wasn't one of those looking-good-but-not-trying hair days. I was definitely trying—I worked hard at it!"



MY SISTER!

"This is me and Dana at a roller rink. She's four years younger. We only fought when she'd steal my clothes!"



MY CAR!

"I was trying to roll. Those were $1,000 rims! Back then *everyone* wanted to be in my car."

Art Direction: Beau Quillian for UtopiaNYC
Fashion Stylist: Darla Hines
for Margaretmaldonado.com
Hair: Ken Paves for the Ken Paves Salon
Makeup: Shane Paish for Dior/
Celestineagency.com
Manicure: Jenna Hipp for Essie and
NuBar/Celestineagency.com

"When you respect yourself, others will too."

ON FERGIE:
Dress, Jovovich-Hawk;
earrings, her own;
bracelets and ring,
JujuGold Jewelry;
shoes, Cesare Paciotti.

kick things off right
June 21 is the first day of summer—*and* the longest day of the year. Use it as an excuse to stay out late with your guy!

BEST SUMMER EVER

There'll be no sitting on your butt this year! Here's everything you need to pack the most fun into your three months of freedom. BY MELISSA DALY

HOW TO: TAKE A ROAD TRIP

Think your town is boring? Grab your girls, gas up the car, and head out on the highway!

STEP 1: Plan your route. If you're leaving and coming back in one day, keep your destination within a 150-mile radius. (Set out at 9 A.M. and you'll get there around noon—that leaves nine hours for fun and still gets you home before midnight.) For overnight trips, keep your driving to eight hours a day to avoid the stir-crazies.

STEP 2: Pack the car. Bring along a cooler with sandwiches and water, especially if you're driving a clunker on a hot day—your radiator might need a drink too. Flag pages in a guidebook so you can find cool landmarks en route and rattle off random facts to your friends. To make room for your things (and for stretching out after your butt falls asleep!), don't stuff more than four people into a sedan.

STEP 3: Enjoy the ride. Feel the wind in your hair and save gas by cutting the AC and opening the windows. (Either way, wear SPF 15: Glass will block only burning UVB rays, not freckle- and cancer-causing UVA rays.) Rotate drivers every hour or two—you'll stay alert *and* it will motivate you to stop and see more spots along the way.



17 EXPERT: **Cara Zavaleta is on MTV's *Real World/Road Rules Challenge Inferno 3: Good Guys Vs. Bad Asses.***



come as you are Stash a bathing suit, towel, and flip-flops in your car so you're ready for summer fun at a moment's notice!

HOW TO: work the beach



JP Pujia, 21, watches the shores of Long Island, New York—while all the girls watch *him*. Use his tips to score a lifeguard in your town!

	TURN-ON	TRASHY
your look	"White bikinis! They always catch my eye, even when I'm watching the water."	"Tons of makeup. I just don't get it. Don't you want to go in the ocean?"
how you spend the day	"Swimming, surfing—not just sitting on your towel. I'm active, so I like girls who are too."	"Gossiping on your cell all day. You're at the beach—you can talk on your phone at home!"
your flirting technique	"Being casual and saying hi. If a girl makes the effort to talk to me, that's all that really matters."	"Laying down your towel directly in front of me and staring me down. That's just awkward."

HOW TO: HAVE THE BEST SUMMER DATE

- **6 P.M.:** It's sundress season (guys' favorite time of year!), so wear a casual one, then have a snack since you'll be eating dinner late.
- **7 P.M.:** Meet him early for something outdoors, like Frisbee by the water. (You'll hit it off faster laughing and playing than if you had a sit-down meal first.)
- **8 P.M.:** As the sun starts to set, walk the Frisbee back to him, coming closer than you have to. Look up at him, hold his gaze, then lean in gently for the softest, most perfect kiss ever.
- **9 P.M.:** Watch the first few stars come out, then grab pizza and ice cream to cap off the night.



17 EXPERT: **Samantha Daniels is a professional matchmaker and author of *Matchbook: The Diary of a Modern-Day Matchmaker* (Simon & Schuster, 2005).**

MAIN PHOTO, THIS PAGE: SAYE. ZAVALETA: COURTESY OF MTV. MAIN PHOTO, OPPOSITE PAGE: BLOSSOM BERKOFSKY. SITTINGS EDITOR: JESSICA MORRIER. HAIR: ALEJANDRA FOR PHYTO/ARTISTSBYTIMOTHYPRIANO.COM. MAKEUP: BRET MEDEL FOR NARS/ARTISTSBYTIMOTHYPRIANO.COM. ON HER: BIKINI, ROXY.

HOW TO:

rock your family vacation



Brooke Hogan, of VH1's *Hogan Knows Best*, has racked up years of family trips. Make the most of *yours* with her tips.

DO

Suggest a place everyone likes.

"When you're young, just lying by the pool with your parents is great. But now you want to go off alone and scope out boys! We stay at a beach resort on each trip, and it's always so much fun."

Take time out.

"When you're doing *everything* together as a unit all week, sometimes it helps to just chill in the hotel room by yourself for a little while. That way you won't get on each other's nerves."

DON'T

Shoot down all their ideas.

"On one trip my parents dragged me onto these little single-person submarines. I thought it would be *horrible,* but it turned out to be totally cool being able to see everything underwater."

Ditch them completely.

"Normally life's so busy, but on vacation you have a chance to slow down and really talk to each other like people. You start to realize your parents are actually human."



dancing with the stars
Plan your sleep-out for mid-August, when the Perseid meteor shower creates up to 60 shooting stars an hour.

HOW TO:

ORGANIZE A CAMPING TRIP

Something about a crackling campfire makes it easier to open up, laugh, and bond like crazy.

☑ **Find a site.** For newbies, official campgrounds are best. Find one at recreation.gov or koa.com.

☑ **Pack up.** You'll be so glad you brought a folding, nonmetal, and legless camp chair ($17, crazycreek.com) when you're reclining by the fire. Rain gear and a tarp are key in case of sudden downpours. Don't waste space on a pillow: Stuff extra clothes inside a fleece pullover.

☑ **Eat well.** Bring spoilproof stuff, like cereal, Clif Bars, and mac 'n' cheese (don't forget a pot!). Mix with powdered milk and water.

☑ **Play campfire games.** Find the rules to the verbal rhythm game Big Booty online. It's perfect in the dark—no dice or cards required.



17 EXPERT: Zach Gilford plays Matt Saracen on NBC's *Friday Night Lights* and leads regular wilderness trips for teenagers with Adventures Cross-Country (adventurescrosscountry.com).

MAIN PHOTO, THIS PAGE: ANNE MENKE. GILFORD: MIRANDA PENN TURIN. MAIN PHOTO, OPPOSITE PAGE: SAYE.

eight is enough
Get friends on board for your super summer by setting up a MySpace group to organize all your amazing outings.

HOW TO:

make a difference (and have fun!)

You get to travel, meet people, and knock stuff down—volunteering may not be so selfless after all!



"During my last vacation, I went to New Orleans to help gut houses wrecked by Hurricane Katrina and get the sites ready for rebuilding. All the local people I met were incredibly welcoming. I found my niche removing nails from walls, which turned out to be oddly satisfying work. But then I came across a seventh grade girl's journal in the rubble. I imagined what her life must be like now compared to how easy I have it. It made me realize I have a responsibility to give back. It was such a powerful experience being able to help."

–Maria, 16, Swarthmore, PA

The organizations Maria worked with may provide food and housing to volunteers. Get more info at catholiccharitiesinfo.org and commongroundrelief.org.

HOW TO:

MAKE SOME MEMORIES

Digital pics are great for sharing, but how often do you look at your old online albums? Here's how to make a scrapbook you'll keep forever.

1 **Arrange your photos.** Print them on any size photo paper and frame each one by placing colored card stock underneath it. Use acid-free paper and double-sided tape (found at craft stores) marked "photo safe" or "archival," or else your pics will turn brown over time.

2 **Attach a journal entry.** In your own voice, as though you were talking to a friend, describe the people in the photos, what was going on, and how you felt. Then handwrite it or print it out in a nice font and stick it on the page.

3 **Add momentos.** Make a pocket on the page by taping down three sides of a square of card stock. Tuck small souvenirs (like ticket stubs) inside—since they won't be covered with glue, you can take them out to look at later on.



17 EXPERT: **Hillary Heidelberg teaches online scrapbooking classes at nycscraps.com.**

just add water

Do the math: When you add the perfect cover-up to your cutest swimsuit, your outfit can look as great on the street as it does on the beach. The result? You=amazing!

Photographs by Frederic Pinet

patterned bikini + striped tunic

bikini
Sizes 38–48, Missoni Sport Swim, $203, Kitson, Los Angeles, CA; 800-814-8447.
tunic
Sizes XS/S–M/L, Vix, $104, Bloomingdale's.
necklaces
Heart necklace, M. Haskell, $20, select Macy's; starfish necklace, American Eagle Outfitters, $18, American Eagle Outfitters stores and ae.com.



cutout one-piece + belted mini

swimsuit
Sizes 2/4–8/10, Melissa Odabash, $150, canyonbeachwear.com.
miniskirt
Sizes XS–XL, Ben Sherman, $69, benshermanusa.com.
necklaces
Zebra pendant necklace, Foxy Originals, $36, foxyoriginals.com; link necklace, M. Haskell, $20, Nordstrom.
belt
Sizes S–L, Ann Veronica Handprints, $34, annveronica.com.

ruffled one-piece + printed top

swimsuit
(underneath shirt), sizes P–XL, Juicy Couture Beach, $164, Bloomingdale's.
top
Sizes S–L, Charlotte Russe, $22, Charlotte Russe stores.
belt
Sizes S–L, Wet Seal, $10, Wet Seal stores.
sneakers
Sizes 5–12, Vans, $40, vans.com.

eyelet bikini + v-neck cardigan

bikini top
Sizes P/S (cup sizes A–DD), and M/L (cup sizes B–DDD), Shoshanna, $115, Saks Fifth Avenue.
cardigan
Sizes XS–XXL, Old Navy, $25, Old Navy stores.
bermuda shorts
Sizes 0–18, American Eagle Outfitters, $45, American Eagle Outfitters stores and ae.com.
flip-flops
Sizes 6–10, Roxy, $19, roxy.com.

gingham one-piece + ruffled blouse

swimsuit
Sizes S–L, Asha Couture, $138, Waterlilies, San Francisco, CA; call 415-474-9200 to order.

blouse
Sizes XS–L, The Limited, $45, The Limited stores.

shorts
Sizes 0–18, American Eagle Outfitters, $35, American Eagle Outfitters stores and ae.com.

sunglasses
Jola Co., $7, lulusfashionlounge.com.

belt
Sizes S–L, Accessories for Target, $10, select Target stores.

bracelets
Blue bracelet, Shop Hullabaloo, $10, shophullabaloo.com; clear bracelet, Claire's, $3, Claire's stores.

wedges
Sizes 6–11, Charles Albert, $94, Nordstrom.



gold bikini + pastel romper

bikini
(underneath romper), sizes XS–L, Lisa Curran, $120, lisacurranswim.com.
romper
Sizes S–L, Nick and Mo, $44, busstopshop.com.
earrings
Icing, $7, Icing stores.
pin
Shop Hullabaloo, $10 for set of three, shophullabaloo.com.
belt
Sizes P/S–M/L, Generra, $35, select Saks Fifth Avenue.
bracelets
Orange bracelet, Shop Hullabaloo, $10, shophullabaloo.com; purple bangle, Charlotte Russe, $4, Charlotte Russe stores.

boy-short bikini + paisley tunic

bikini
(underneath blouse), sizes XS–XL, D&G, $215, D&G boutique, New York, NY; call 212-965-8000 to order.
tunic
Sizes XS–L, The Limited, $50, The Limited stores.

ON MODEL: SUNGLASSES, ADIDAS EYEWEAR.

bandeau bikini + low-cut dress

bikini
Sizes XS–L,
Brette Sandler, $158,
shopbop.com
dress
Sizes S–L, Perry Ellis,
$78, perryellis.com.

Fashion Stylist: Christine Baker for Raybrownpro.com
Hair: Eric Sebbag for Cloutieragency.com
Makeup: Ulli Schober for Celestineagency.com
Production: Stephanie Morton Productions
Still Lifes: Jesus Ayala/Studio D
Still Lifes Stylist: Christy Alcebo

equally cute!

These swimsuits look a lot like the ones we featured—minus the designer price tag. Use them to calculate your *own* hot outfits.

WIN!
Win all of the swimsuits featured on this page! Go to seventeen.com/freebies or page 141 for details.

patterned bikini
Sizes XS–XL, MoonSplash Swim, top, $54, and bottoms, $44, moonsplashswim.com

gingham one-piece
Sizes XS–XL, Della's, $39, dellas.com

boy-short bikini
Sizes XS–XL, Alloy, top, $26, and bottoms, $26, alloy.com

gold bikini
Sizes S–L, Hot Kiss, top, $44, and bottoms, $38, hotkiss.com

cutout one-piece
Sizes 4–10, Venus, $86, venus.com

ruffled one-piece
Sizes S–L, Skinny Dip, $43, babygirlboutique.com

bandeau bikini
Sizes XS–L, Split, top, $40, and bottoms, $38, select Macy's

eyelet bikini
Sizes S–XL, Xhilaration, top, $15, and bottoms, $15, target.com


you've still got my LOVE

THE DRAMA WITH DAD

17 REMINDER: Father's Day is June 17.

Why does it get *so* hard to relate to your father sometimes? Angela Simmons, 19, may *seem* like she has a perfect made-for-TV relationship with hers. But she and her dad, Reverend Run, had to overcome some tricky times to realize just how deep their bond really is.

I always had a tight relationship with my father while I was growing up. I'm sure you felt the same way about your dad, but I was definitely "daddy's little girl." When I was 10 and my brothers and sister would gang up on me, he'd always defend me and say, "Don't make fun of her!" (I'm sensitive, and I'd cry about *anything*—I'm the baby girl of the family!) We even had this ritual we called "shnuggaloo," where we'd snuggle up together as he tucked me into bed. I felt like my dad knew me better than *anyone* and that I could trust him with *anything*.

WHY THINGS GET TENSE

Then one day something just *changed*. When I was 13, I got my period, and it was like I couldn't talk to him. I used to hop into the car with him and go to the grocery store, but suddenly I didn't want to anymore—it sounds weird, but what if I needed some "feminine necessities"? I felt uncomfortable just being around him. And guys complicated things even more. My dad had always said, "Save yourself until marriage," and I had seen how super-protective he'd been when my older sister was dating, so I felt I could never tell him my feelings. Once, when I was about 13, a guy at summer camp bought me a 25-cent ring to show he cared. I liked him *so* much, but I was terrified of having an awkward sex talk with my dad, so I hid the gift and told the guy I couldn't see him. Looking back, I wish I *had* told my dad—he knows more about boys than I give him credit for! But it was just one more thing I couldn't share with him because I felt caught between wanting to be a young woman and his little girl. He always made it clear that strong morals were important, and I understood his rules (even though I didn't *love* them!), so I could never go out in tight or revealing clothes. Of course the *one* time I went to a Sweet Sixteen party in a backless shirt—the kind he would have totally disapproved of—the three strings that held it together accidentally snapped! The whole top fell down, and I would have been *mortified* if my friends hadn't helped me fix it. I never told my dad what happened (it would have been so awkward!), and I stuck to more modest outfits. But the funny thing was, when I wore a T-shirt and jeans, guys still wanted to get to know me. Without actually saying it, my dad had made his point: My clothes wouldn't attract the right boys—*I* would.

WHEN TO BRIDGE THE GAP

I still felt distant from my dad until two years ago, and I was sad I didn't feel that special connection we used to have. Then my best friend and I had a fight about guys and we didn't speak. I was *crushed*, but I didn't want to talk about it. One day my dad asked why she hadn't come around in a while. I realized I couldn't hold it in: "We're not really friends anymore." What he said then was simple but so powerful: "People are in your life for a reason, a season, or a lifetime." My dad always put things in perspective. It showed me that no matter how long it had been since we'd talked, he would always be willing to listen. It felt great to be able to open up to him again.

HOW TO REBUILD A BOND

Confiding in your dad about even one thing is such a relief—then you'll want to share more. Recently a guy I was dating lied to me, and I was so upset. I turned to my dad because I knew he would see it from a guy's point of view *and* have my best interest in mind—and he totally consoled me. No matter what drama has come between you and your dad, he just wants you to be happy. It's up to you to let him in. 17

17 tip

If you want to reconnect with your dad, plan to do something together that you used to enjoy as a kid. At the end of the day, tell him how much fun you had—and make plans to do it again. That should start to tighten your bond.



Angela Simmons and her dad star in *Run's House*, which airs on Monday nights at 10 P.M. EDT on MTV.

ILLUSTRATION: MICHAEL GILLETTE. REVEREND RUN AND ANGELA SIMMONS: COURTESY OF MTV.

AS TOLD TO HOLLY EAGLESON

17 tip

Use a more vivid shade of eyeliner near your inner corners to help you look wide-awake—even after you've stayed up cramming.

ON MODEL: TOP, MINT; BODYSUIT (UNDERNEATH), DANSKIN; EARRINGS, LIA SOPHIA.

drugstore Diva

Get gorgeous for less than the cost of your weekly lattes! Celeb makeup artist and drugstore.com expert Tina Turnbow turns $20 into the perfect pretty look for your skin tone.

By Desi Gallegos Photographs by Sarah Silver

BEIGE SKIN

Cool ocean-colored eyes—paired with pale lips—pop against the peachy undertones of your skin.



EYELINER, $6

Max Factor MaxEye Liner in Jean Jacket, drugstores

HOW-TO: Draw along your upper lashlines from the center of your eyes to the outer corners with a navy blue liner. Pick a liner with a fine point that lets you expertly taper the line toward your outer corners.





EYESHADOW, $4

CoverGirl Eye Enhancers 4-Kit Shadows Quad in Crystal Waters, drugstores

HOW-TO: Apply the turquoise shadow near your lashlines, the navy color in your creases, and the off-white along your browbones. Blend! The combo might seem clownish, but it will contour your eyes so they appear larger.



LIP BALM, $4

Burt's Bees Lip Shimmer in Toffee, drugstores

HOW-TO: Balance all that blue with a simple lip color. Just swipe a caramel-tinted balm on your lips to warm up their natural shade and to add shine.



EYELINER, $3

Rimmel Soft Kohl Kajal Eye Pencil in Cool Blue, drugstores

HOW-TO: Lightly trace along your upper lashes from the inner corners to the center of your eyes with a royal blue liner. Choose a kohl liner—the formula is softer, so it glides on easier.

BRONZE SKIN

Deep shades of green and gold make your skin look warm and glow-y.



EYESHADOW DUO, $7

L'Oréal Paris HIP High Intensity Pigments Concentrated Shadow Duos in Lively, drugstores

HOW-TO: Swipe the golden shade onto your lids, then blend the deep green color along your creases and outer corners to make your eyes appear almond-shaped.

EYELINER, $3

Milani Eye Pencil in Green Glamour, drugstores

HOW-TO: Trace along your upper and lower lashlines with an emerald-green pencil to strongly define your eyes.

CREAM SHADOWS, $7

Revlon Illuminance Creme Shadows in Not Just Nudes, drugstores

HOW-TO: Cream eyeshadows make great highlighters for *any* part of your face. Blend the palest color along your browbones, dab the second-darkest shade onto your lips, and use the third-darkest shade on your cheekbones.

17 tip

To make your cream colors glide on with ease (and without any creases!), rub them between your fingers first to warm them up.

ON MODEL: DRESS, THE LIMITED; EARRINGS, LULU FROST.



17 tip

Fake fuller lips by layering a shimmery gloss over your lipstick. The sparkles reflect light to create the illusion of plumpness.

ON MODEL: DRESS, SHOSHANNA; EARRINGS, NOIR.

GOLDEN SKIN

Play up your honey undertones—coppers and bright oranges bring them to life.







CREAM BRONZER, $4

Wet n Wild 3 of a Kind Twist-up Stick for Lips, Eyes, and Cheeks in At the Hamptons, drugstores

HOW-TO: Add a soft wash of color and sparkle to your whole face—use your fingers to apply cream bronzer to your lids from lashlines to creases, then blend it *over* your cheek color.





LIPSTICK, $9

Revlon Moon Drops Moisture Creme Lipstick in Orange Flip, drugstores

HOW-TO: Use your lipstick in unexpected ways—swipe a bright mandarin-orange shade on your lips, then blend it on the apples of your cheeks.



LIP GLOSS, $6

Maybelline New York Shiny-Licious Lip Gloss in Coral-Punch, drugstores

HOW-TO: Enhance your lip color and add dimension by slicking a coat of coral lip gloss on top of the lipstick.

FAIR SKIN

Soft purple shadows and nude lip gloss look pretty—not overpowering—on your pale skin.

EYESHADOW, $5

Maybelline New York ExpertWear Eye Shadow Duo in Lasting Lilac, drugstores

HOW-TO: Define your eyes with these violets. Apply the lighter shade from your lashlines to creases and just under your lower lashes, then blend the darker one on the outer corners of your lids.

EYELINER, $3

N.Y.C. New York Color Automatic Eyeliner in Vampy Violet, drugstores

HOW-TO: Trace along your upper and lower lashlines with a lilac eye pencil after you apply your eyeshadow. Don't worry about being too neat—just blend any mess-ups into your shadow.



LIP GLOSS, $4

Bonnebell Lip Lites in Crème Brûlée, drugstores

HOW-TO: Swipe a subtle, shimmery beige gloss onto your lips to balance out these statement-making eyes.

BLUSH, $5

N.Y.C. New York Color Color Wheel Mosaic Pressed Powder in Pink Cheek Glow, drugstores

HOW-TO: Dust a pale pink powder blush onto just the apples of your cheeks for a healthy-looking flush.

17 tip

Apply your blush with a large powder brush—it will hug your cheekbones to give you a less streaky application.

ON MODEL: DRESS, BAILEY MISCHKA


17 tip
For eyes that sparkle, dab a little Vaseline onto the center of your lids to catch the light.
CLICK & BUY
Buy the makeup for these looks at seventeen.com/drugstore.
Fashion Stylist: Megan Ross for Aartistloft.com. Hair: Kevin Woon for Woon NY. Makeup: Tina Turnbow for Drugstore.com. Still Lifes of Products: Jay Muckle/Studio D.



ON MODEL: BLOUSE, VERA WANG; SHIRT (UNDERNEATH), DEREK HEART; EARRINGS, LULU FROST.

DEEP SKIN

Shades of gray and black look sexy (but still fresh!) on your chocolaty skin.

FALSE LASHES, $4

Andrea Modlash in #53, drugstores

HOW-TO: Apply a natural-looking strip of lashes to your upper lashlines. Learn how in a step-by-step video at seventeen.com/beautyschool.

LIQUID LINER, $6

Prestige Liquid Eyeliner in Black, drugstores

HOW-TO: Trace your top lashlines (over the false lashes) with black liquid liner from inner to outer corners. It will give your eyes more drama and hide the base of the lashes.



WEB EXTRA
Download all the faces in this story so you can practice these looks at seventeen.com/faces.

EYELINER, $6

CoverGirl Eyeslicks Gel EyeColor in Black Velvet, drugstores

HOW-TO: Draw along your top and bottom lashlines with a creamy charcoal eyeliner after your liquid liner dries. Use your fingers to blend it outward to create sultry, smoky eyes.

LIPSTICK, $4

Milani Sheer Color Lipstick in Choco Lite, drugstores

HOW-TO: Swipe a cocoa-brown lipstick all over your lips to enhance their natural color.

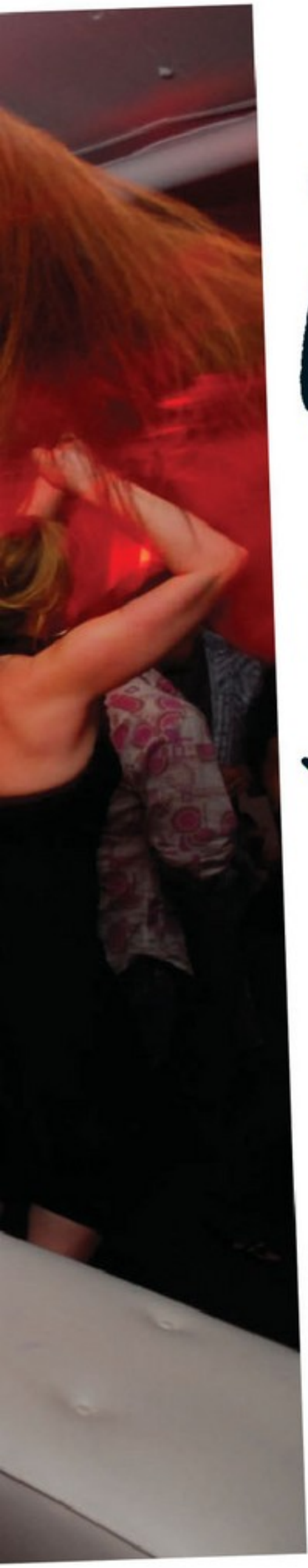


pole position
A crazy night for party girls usually starts out by dancing sexy with a friend. Then things can quickly escalate!

"I get wild! But I can't count the nights I did something stupid that I regret."

–Kendall, 17, Richmond, VA*

MAIN PHOTOS: MICHAEL TULLBERG. (ALL PARTY PHOTOS USED FOR ILLUSTRATIVE PURPOSES ONLY.) *KENDALL IS NOT PICTURED IN THIS PHOTO.



PARTY GIRLS!

When you and your girls go wild, you get tons of attention. But what happens when the party is over?

BY WHITNEY JOINER

We've all been there: You're at a party on a Saturday night, having fun with your girlfriends, wanting the hot guy in the corner to finally look up and notice you. But instead his eyes are glued on the girls who are going nuts, acting like strippers, French-kissing each other, and flashing everyone. It's no surprise that guys like checking out girls' breasts or watching two girls make out with each other (DVDs like *Girls Gone Wild* rake in around $40 million a year). But what *is* surprising is that high school and college girls are willingly putting on these racy shows—in *public*. All the while, people are cheering them on and snapping photos.

Crazy nights like those got Tara Conner, Miss USA 2006, in trouble. Tara, now 21, almost lost her crown last December for partying too hard at nightclubs when she was underage. (She was reportedly drinking and making out with Miss Teen USA 2006, Katie Blair, now 19.) But Tara isn't the only party girl who has popped up in the news lately. Katie Rees, 22, was stripped of her Miss Nevada USA 2007 title after sexually suggestive party photos taken in 2004 surfaced, and *American Idol* season-six contestant Antonella Barba, 20, had similar racy pics of her leaked on the Web.

You might tell yourself that taking playfully sexual photos or making out with your best friend at a party or club is no big deal, because everyone involved knows that it's all a joke. But often guys are egging you on, asking you to lift your shirt or give your girlfriend a lap dance—things that might make you feel uncomfortable. When you're trying to seem open-minded and sexually adventurous, though, it can be hard to say no. So you give in, and then things can quickly get out of control. It might feel like harmless fun, but there are some consequences that can last longer than a hangover. ⇨

THE MORNING AFTER

When the anything-goes party attitude wears off, you'll most likely wake up the next day with that icky feeling, thinking, I can't believe I did that last night—I was so wasted! Even if you blame it all on being drunk, deep down you're probably cringing at the mere *thought* of what you did. And that grossed-out feeling of humiliation can cause you to beat yourself up. Everyone wants to have fun, but drinking and taking drugs cloud your judgment (not to mention they're illegal) and set the stage for things you would never do if you were sober. Why put yourself through all that embarrassment just for a "good time"?

"It's okay to explore your sexuality, but you shouldn't be doing it just to entertain a guy."

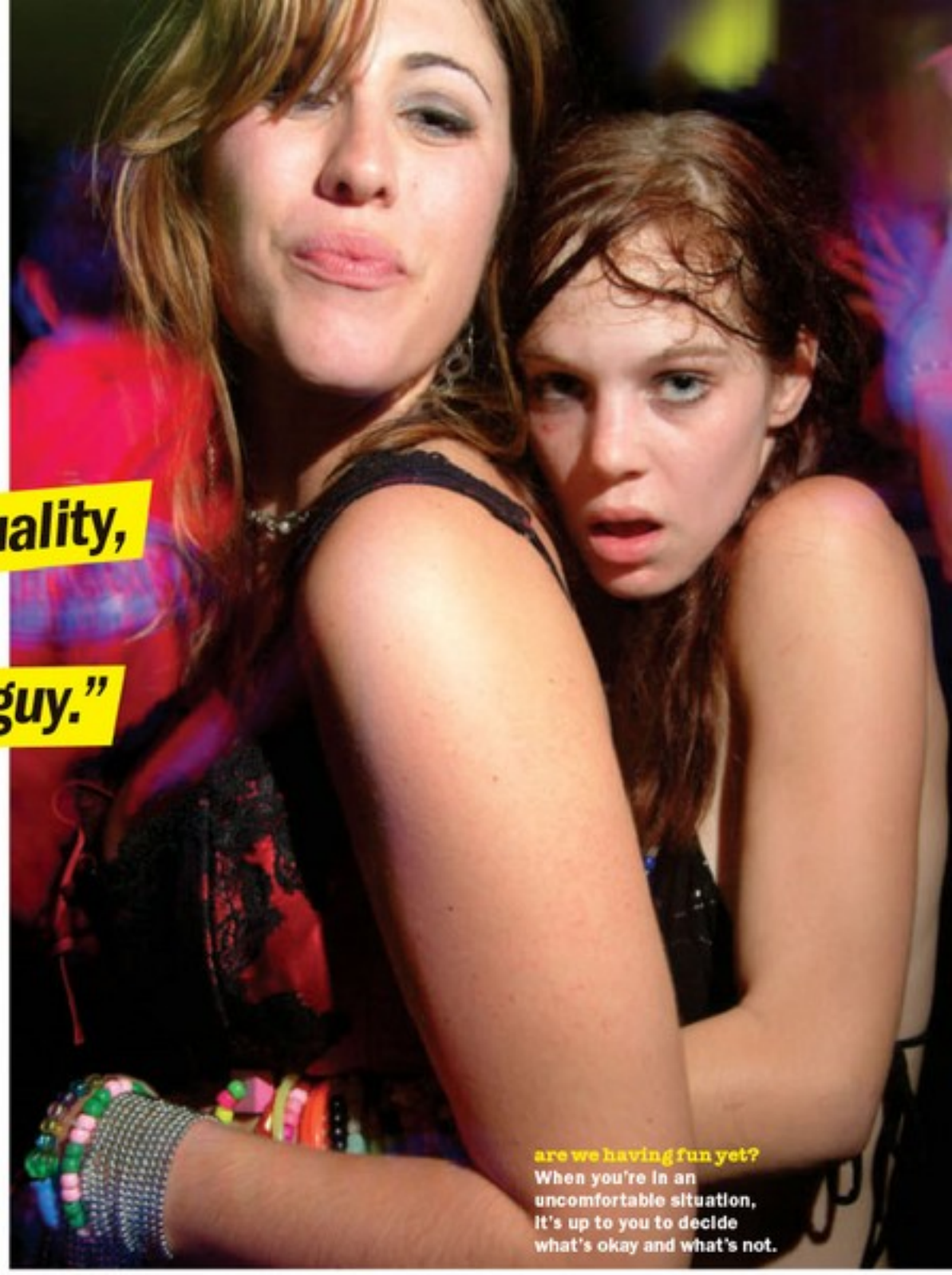
—Martha Kempner, spokesperson for the Sexuality Information and Education Council of the United States

SEXUALITY OVERDOSE

It's fun to vamp for the guys, but are you getting their respect along with their attention? Most likely not. Your sexuality is an important part of who you are, but if you're putting it on display so crassly, you're not respecting *yourself* either. You might get used to feeling like a sex object rather than a living, breathing, *thinking* human being. Plus, if you're always concentrating on how to turn guys on, you might not notice when a guy respects you for *you*. Whether you realize it at the time or not, when you constantly hook up at parties, you're not as able to appreciate real intimacy—the kind that comes when you're with someone you trust one-on-one. And that's the kind of hookup you *really* want—not one with a guy who likes you only when you're acting raunchy.

RUINED REP

Thanks to digital cameras and camera phones, it takes just a second for a wild moment to end up online—where your friends, family, and complete strangers can see it. If you're falling into a pattern—getting wasted at a party, then doing something crazy-sexual—people are going to judge you. And as much as you shouldn't care what others think, it's a twisted cycle. When people don't respect you, a lot of great opportunities to show your serious side just don't come your way.



are we having fun yet? When you're in an uncomfortable situation, it's up to you to decide what's okay and what's not.



In the moment at a party, it might feel like you're just having fun and being free. And it may even feel powerful (after all, you *are* turning on the guys). But a better kind of power comes from staying true to yourself and taking pride in things you're good at. Plus, at the end of the day, a sense of accomplishment feels a lot better than a nagging feeling of regret.

MY BIGGEST MISTAKE!



Former Miss Nevada USA 2007, Katie Rees, 22, lost her title last December after racy photos of her—flashing her breast and making out with another girl at a Tampa bar back in 2004—were posted on the Internet by an ex-friend of hers. Katie tells *Seventeen* how that out-of-control night three years ago both hurt her and taught her a valuable lesson about self-worth.



Innocent fun? Katie (center, in 2004) says her wild night was more playful than sexual: "I was just being silly."

People ask me what I was thinking when I took those pictures, and my answer is, 'I *wasn't* thinking!' We were all drinking and having a good time, acting silly. It's not who I am usually. I was a straight-A student who grew up very sheltered, and when I went off to college, I was on my own for the first time and felt free. I guess I just let that freedom go to my head. I grew up *fast* in that year. Everybody makes mistakes—only mine were all over the Internet. When the photos came out, I was devastated. I embarrassed myself and my family. People think I'm wild, crazy. . . . I don't even want to use the words people have called me. But I'm not going to let guys treat me as if I'm easy because of those photos. I'm not easy, and I never was. I'm not proud of what I did, but I've grown up. I hope girls don't make the same mistake I did. But if they do, I'd tell them to hold their heads high. One incident does *not* have to define you.

HAVING REGRETS?

You may not be too psyched about the in-the-moment choices you made at a party. Here's how to put the wild times behind you.

- **learn** You can't change the past, but you *can* change your future. Ask yourself why you did it and what you got out of it. Try to see this as a valuable life lesson that will only make you stronger.
- **explain** If you got caught up in the festivities or did it just to get a guy's attention, own up to it—people will respect you for being honest, and you'll be able to regain your confidence.
- **apologize** If your partying hurt people, don't be afraid to say you're sorry. Your true friends will stick by you.

–MEAGAN PORTER

what you think!



IT DAMAGED ME!

"The only thing I gained from partying was a bad rep and broken self-esteem. I loved the attention from guys, but I realized they just saw me for my appearance. That makes it hard to commit to a relationship." –ALYSSA, 16, IRVING, TX



IT'S GROSS TO ME!

"Acting like you're in *Girls Gone Wild* is degrading. You have no respect for yourself or your body. What's the point of trying to impress guys when they end up thinking you're a ho and seeing you as a booty call?" –JACKIE, 17, SPARTANBURG, SC



IT'S FUN FOR ME!

"When I walk into a party, of course I'm going to want to be the girl who catches everyone's eye. I do crazy things to stand out. It's usually harmless, but it can go too far—you'll have regrets the next day." –LIZ, 16, WINFIELD, IL

MISS NEVADA: (MAIN) SPLASH NEWS; (INSET) DENISE TRUSCELLO/WIREIMAGE.COM.

SEVENTEEN.COM/PLAYLIST
WHAM!
"Everything She Wants"
DONNA SUMMER
"I Feel Love"

TRAUMARAMA!

Everyone has had humiliating moments.

YOU GOT SERVED

"I had just started lessons with a new tennis instructor, and he was really hot. During one of our sessions, I decided to impress him with my moves. So I served the ball to him with all my strength—and it hit him in the face. Later I found out I'd broken his nose! Oops."

MAIN PHOTO: BLOSSOM BERKOF SKY. SITTINGS EDITOR: JESSICA MORIBER. HAIR: ALEJANDRA FOR PHYTO/ARTISTSBYTIMOTHYPRIANO.COM. MAKEUP: BRET MIEDEL FOR NARS/ ARTISTSBYTIMOTHYPRIANO.COM. ON MODEL: BIKINI, HER OWN; NECKLACE (AROUND HER HEAD), AMERICAN EAGLE OUTFITTERS.

bottoms up

"I brought some friends to my beach house one weekend, and my dad took us out in the boat to go tubing. During my turn I hit a huge wave out of nowhere and wiped out. As my dad was steering the boat back to get me, I realized my bikini bottoms had come off. I couldn't see them anywhere! So I had to have everyone turn around as I climbed back on board and wrapped a towel around myself. I was so humiliated."

girls on film

"My friend and I went to a theme park and got in line for a roller coaster. As we stepped into our car, we noticed a super-cute guy sitting in front of us. So throughout the whole ride we made kissy faces and hand gestures behind him. Afterward we headed down the exit ramp, and the guy was standing there laughing. My friend and I looked behind him and saw a huge screen showing a digital picture taken of us during the ride! We were totally caught."

wet and wild

"I was in the pool at my friend's house, and I *really* had to go to the bathroom, but we were having so much fun that I wanted to wait. All of a sudden it became harder to hold it. I ran over to the sliding door and tried to open it, but it wouldn't budge. My friend's mom was there at the door and opened it for me, but it was too late. I peed *right* in front of her! I said, 'Sorry, I'm really wet from the pool.' She just looked at me—I could tell she knew what I'd done!"

shortchanged

"I'm a hostess at a restaurant, and a family of three came in one day. There were two older guys and a little girl, so I got two regular menus and one kids' menu. Then I seated them at an open table. A bit later the girl came up with the kids' menu and asked for an adult one. I didn't know why until I looked more closely at her. Turns out, she *wasn't* actually a little girl—she was just really short!"

game over

"I was late to a school basketball game, and it had already started. So I decided to walk under the bleachers to the other side of the gym to be with my friends. It was so dark under there that I accidentally tripped over something. I didn't think anything of it until I came out and noticed that the game had stopped. That was when I realized I'd tripped over the electric cord for the scoreboard—and ruined the whole game. Whoops!"

gotta jet

"I was on a plane when I noticed this hot guy three rows behind me. I really had to pass gas but didn't want to do it in my seat because I knew it would smell bad, so I went to the restroom. When I opened the door, I saw that the hot guy was waiting to use the bathroom after me. Back at my seat, I looked up and noticed he hadn't shut the door yet. Instead he walked out, gave me a weird look, and walked to the other restroom on the opposite side of the plane. I was so mortified!"

exchange policy

"One time my friends and I went to a school conference and we met this really cute guy. After we'd talked awhile, he asked for my contact info. No one had any paper, so I pulled a receipt out of my bag to write down my MySpace address. When I handed it to him, he just looked at it and laughed. I had no idea what was so funny until he showed it to me—it was a receipt for a box of tampons! I'm carrying a notepad with me from now on."

what a scene

"I went to the movies with my boyfriend, and we started making out. Suddenly I felt a hard tap on my shoulder. I turned around and saw *his mom* staring at me. We had no idea she was at the movies too, let alone one row behind us! I apologized and then ran out of the theater, totally embarrassed."

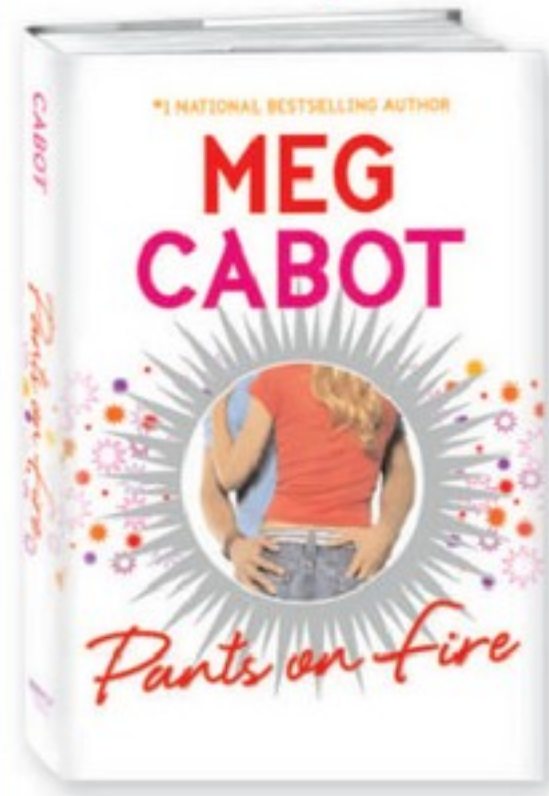
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New York Times bestselling author
MEG CABOT

Katie's life is a total mess…
so why is she having so much fun?



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Meg's going manga!



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SEVENTEEN.COM/PLAYLIST
INXS
"Need You Tonight"

stopping traffic

"I was at the mall looking for a parking spot. I saw one and made my friend hop out of the car to save it until I could get in a position to back in. At that moment a truck of really cute guys drove by, and they shouted something to us. I smiled at them, but I was so distracted that I backed into a pole! The guys saw the whole thing, burst into laughter, and drove away."

LOVESICK

"I was hanging out at the county fair with my friends and my crush. At one point everyone left me alone with him, and we were having a great time talking and flirting with each other. We ate lunch and then decided to go on this ride called The Zipper. But when we got off, I felt sick to my stomach. Just then he leaned in to kiss me, and my *worst* nightmare happened—I threw up! It was seriously the most embarrassing moment of my life."

total relaxation

"I was at a spa-like camp, and my friend and I had signed up for yoga classes in the morning. It was nice until they told us to hold this weird pose for a long time. I started to get uncomfortable, so I decided to shift my weight around—and I farted really loudly! Someone in the back of the class said, 'Let the gases flow.' My friend started laughing, and soon the whole class joined her."

breakthrough role

"My volleyball team was asked to participate as extras in a TV movie. We were supposed to be playing a game in the background while the main characters were talking. I was really excited about the opportunity to be on camera, so I tried my best to play well. The ball came flying toward me, and I attempted to hit it to another player. But instead it veered a little off-center—and hit the cameraman right in the head! Needless to say, I was a benchwarmer for the rest of the shoot."

mobile chat

"I was on the bus, and I'd snagged a seat right next to my crush. I was so excited when he said, 'Hey,' I said it back and started talking to him. But then he turned and gave me a really weird look. That was when I noticed he had a Bluetooth phone headset on and had been talking to someone else the whole time. I was so embarrassed, I got off at the next bus stop even though it wasn't mine!"

clothes call

"My best friend and I were shopping at a department store, and I found some great dresses to try on. When we got to the fitting room, I saw a few guys standing around. I didn't like the fact that they were in there, so I demanded they get out of the women's room immediately. Suddenly the manager came in and told me that *I* was the one who needed to get out—it was the *men's* dressing room. I looked around at all the guys snickering, and I ran out of there, mortified!"

dis connection

"I had a huge crush on my friend's neighbor, so I would go over to her house and we'd hang out with him a lot. One day when we wanted to see him, my friend used my phone to call. He didn't pick up, but since I had his number saved, I texted him a couple times with flirty messages after I got home. I was sad he never texted me back, so I called my friend to ask her what was up. Turns out, the number I had wasn't his direct line—it was his *mom's*! My friend thought it was hilarious. I, on the other hand, did not see the humor!"

Sweepstakes Rules

NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Odds of winning will depend upon the total number of eligible entries received. Must be between the ages of 13 and 29 and a legal resident of the 50 United States, District of Columbia, or Canada. Void in Puerto Rico, Quebec Province, and where prohibited by law.

HOW TO PARTICIPATE IN THE SUNGLASSES SWEEPSTAKES (page 3): Starting May 1, 2007, bring a copy of the June 2007 cover of *Seventeen* or a printout of the **seventeen.com** homepage to any of the 60 participating Everything But Water stores to receive one (1) pair of sunglasses from Hot Kiss (approximate retail value: $24 each). While supplies last. There are 100 pairs available in each store.

HOW TO ENTER DAILY FREEBIES (page 10): Complete and submit the online entry form at **seventeen.com/freebies** beginning at midnight ET, June 1, 2007, through 11:59 P.M. ET, June 30, 2007. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

HOW TO ENTER THE GET FERGIE'S COVER LOOK SWEEPSTAKES (page 14): Complete and submit the online entry form at **seventeen.com/freebies** beginning at midnight ET, May 1, 2007, through 11:59 P.M. ET, June 11, 2007. Two (2) winners will each receive one (1) pair of Girlprops earrings similar to the pair Fergie is wearing on the cover of the June issue (approximate retail value: $13 each; total approximate retail value of promotion: $26). Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

HOW TO ENTER THE FIND THE PERFECT SWIMSUIT SWEEPSTAKES (page 19): Complete and submit the online entry form at **seventeen.com/freebies** beginning at midnight ET, May 1, 2007, through 11:59 P.M. ET, June 11, 2007. One (1) winner will receive one (1) bikini from Aéropostale (approximate retail value: $54). One (1) winner will receive one (1) bikini from American Eagle Outfitters (approximate retail value: $60). One (1) winner will receive one (1) bikini from Arizona by JCPenney (approximate retail value: $52). One (1) winner will receive one (1) bikini from Billabong (approximate retail value: $74). One (1) winner will receive one (1) bikini from Body Glove (approximate retail value: $94). One (1) winner will receive one (1) bikini from Bongo (approximate retail value: $60). One (1) winner will receive one (1) bikini from B. Swim (approximate retail value: $92). One (1) winner will receive one (1) bikini from California Waves (approximate retail value: $60). One (1) winner will receive one (1) one-piece suit from CeaSwim Swimwear (approximate retail value: $75). One (1) winner will receive one (1) bikini from Colors do Brasil (approximate retail value: $108). One (1) winner will receive one (1) navy bikini (approximate retail value: $84) and one (1) winner will receive one (1) skull bikini (approximate retail value: $76) from Cover Style. One (1) winner will receive one (1) one-piece suit from Gap Body (approximate retail value: $40). One (1) winner will receive one (1) bikini from Girl Star (approximate retail value: $86). One (1) winner will receive one (1) bikini from Gossip (approximate retail value: $67). One (1) winner will receive one (1) bikini from Hot Kiss (approximate retail value: $84). One (1) winner will receive one (1) gift card from Hot Topic (approximate retail value: $25). One (1) winner will receive one (1) bikini from Hurley Swim (approximate retail value: $82). One (1) winner will receive one (1) bikini from Island Company (approximate retail value: $94). One (1) winner will receive one (1) tankini from Jantzen (approximate retail value: $96). One (1) winner will receive one (1) Joe Boxer bikini from Kmart (approximate retail value: $34). One (1) winner will receive one (1) one-piece suit from Julius & Friends by Paul Frank (approximate retail value: $68). One (1) winner will receive one (1) bikini from Kali Girlz by Jamaican Style (approximate retail value: $50). One (1) winner will receive one (1) bikini from La Isla Couture (approximate retail value: $90). One (1) winner will receive one (1) striped one-piece suit (approximate retail value: $82) and one (1) winner will receive one (1) floral one-piece suit (approximate retail value: $76) from Leilani. One (1) winner will receive one (1) bikini from Local Motion (approximate retail value: $78). One (1) winner will receive one (1) bikini from Lola Mar (approximate retail value: $90). One (1) winner will receive one (1) one-piece suit from Luli Fama (approximate retail value: $118). One (1) winner will receive one (1) bikini from Maila (approximate retail value: $84). One (1) winner will receive one (1) bikini from Mossimo Swim (approximate retail value: $36). One (1) winner will receive one (1) bikini from Poko Pano (approximate retail value: $118). One (1) winner will receive one (1) bikini from Rampage (approximate retail value: $47). One (1) winner will receive one (1) bikini from Rip Curl (approximate retail value: $68). One (1) winner will receive one (1) tankini from Skinny Dip Swimwear (approximate retail value: $40). One (1) winner will receive one (1) tankini from Tommy Hilfiger Swim (approximate retail value: $96). One (1) winner will receive one (1) tankini from Torrid (approximate retail value: $66). Total approximate retail value of entire prize package: $2,704. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

HOW TO ENTER THE SHOW OFF YOUR SHAPE SWEEPSTAKES (page 25): Complete and submit the online entry form at **seventeen.com/freebies** beginning at midnight ET, May 1, 2007, through 11:59 P.M. ET, June 11, 2007. One (1) winner will receive one (1) monokini from Becca by Rebecca Virtue (approximate retail value: $106). One (1) winner will receive one (1) one-piece suit from Candie's (approximate retail value: $32). One (1) winner will receive one (1) bikini from Gap Body (approximate retail value: $66). One (1) winner will receive one (1) bikini from Hello Kitty (approximate retail value: $74). One (1) winner will receive one (1) bikini from Heritage 1981 (approximate retail value: $28). One (1) winner will receive one (1) bikini from Hula Honey (approximate retail value: $40). One (1) winner will receive one (1) bikini from Island Company (approximate retail value: $94). One (1) winner will receive one (1) bikini from La Isla Couture (approximate retail value: $90). One (1) winner will receive one (1) one-piece suit from Mixit (approximate retail value: $68). One (1) winner will receive one (1) bikini from O'Neill Swimwear (approximate retail value: $84). One (1) winner will receive one (1) bikini from Raisins (approximate retail value: $78). One (1) winner will receive one (1) bikini from Skinny Dip Swimwear (approximate retail value: $60). One (1) winner will receive one (1) bikini from Skye (approximate retail value: $111). One (1) winner will receive one (1) bikini from Venus (approximate retail value: $38). One (1) winner will receive one (1) bikini from Victoria's Secret (approximate retail value: $34). Total approximate retail value of entire prize package: $1,003. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

HOW TO ENTER THE STAR STEALS SWEEPSTAKES (page 42): Complete and submit the online entry form at **seventeen.com/freebies** beginning at midnight ET, May 1, 2007, through 11:59 P.M. ET, June 11, 2007. One (1) winner will receive one (1) bikini from In Mocean (approximate retail value: $34). Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

HOW TO ENTER THE OJON SWEEPSTAKES (page 58): Complete and submit the online entry form at **seventeen.com/freebies** beginning at midnight ET, May 1, 2007, through 11:59 P.M. ET, June 11, 2007. Twenty-four (24) winners will receive one (1) Ojon Animated Styling Cream (approximate retail value: $26; total approximate retail value of promotion: $624). Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

HOW TO ENTER THE VENUS BREEZE RAZOR SWEEPSTAKES (page 64): Complete and submit the online entry form at **seventeen.com/freebies** beginning at midnight ET, May 1, 2007, through 11:59 P.M. ET, June 11, 2007. Twenty-five (25) winners will receive one (1) Venus Breeze Razor Plus Shave Gel (approximate retail value: $10; total approximate retail value of promotion: $250). Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

HOW TO ENTER THE CLEAN & CLEAR SWEEPSTAKES (page 72): Complete and submit the online entry form at **seventeen.com/freebies** beginning at midnight ET, May 1, 2007, through 11:59 P.M. ET, June 11, 2007. Twenty-five (25) winners will receive one (1) package of Clean & Clear Morning Burst Blotting Sheets (approximate retail value: $5; total approximate retail value of promotion: $125). Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

HOW TO ENTER THE NEW BODY, NEW YOU SWEEPSTAKES (page 81): Complete and submit the online entry form at **seventeen.com/challenge** beginning at midnight ET, May 1, 2007, through 11:59 P.M. ET, June 11, 2007. One (1) winner will receive one (1) large suitcase (approximate retail value: $110) and one (1) smaller travel bag from Billabong (approximate retail value: $40). Total approximate retail value of entire prize package: $150. Sweepstakes subject to complete Official Rules available at **seventeen.com/challenge**.

HOW TO ENTER THE "WHERE I FOUND SUMMER LOVE!" SWEEPSTAKES (page 85): Send a text message to number 83200 from your text messaging–capable wireless device with one of the following votes: "GUY YES" or "GUY NO" from midnight ET, May 1, 2007, through 11:59 P.M. ET, June 11, 2007. Once you vote, you will receive a text-message confirmation on your text messaging–capable wireless device and will be entered in the sweepstakes. Vote as many times as you like, but you will be entered in the sweepstakes only once. One (1) winner will receive an Envison 19-inch Widescreen LCD HDTV L19W461 (approximate retail value: $400). Entrants will be charged for sending, receiving, and responding to SMS according to their carriers' rate plan(s). If you prefer, send your vote on a 3½" x 5" postcard, along with your name, telephone number, and the issue's month to *Seventeen*, P.O. Box 1707, Sandusky, OH 44871-1707. Mail entries must be postmarked by June 11, 2007, and received by June 15, 2007. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

HOW TO ENTER THE EQUALLY CUTE SWEEPSTAKES (page 121): Complete and submit the online entry form at **seventeen.com/freebies** beginning at midnight ET, May 1, 2007, through 11:59 P.M. ET, June 11, 2007. One (1) winner will receive one (1) bikini from Alloy (approximate retail value: $52). One (1) winner will receive one (1) one-piece suit from Delia's (approximate retail value: $39). One (1) winner will receive one (1) bikini from Hot Kiss (approximate retail value: $82). One (1) winner will receive one (1) bikini from MoonSplash Swim (approximate retail value: $98). One (1) winner will receive one (1) one-piece suit from Skinny Dip Swimwear (approximate retail value: $43). One (1) winner will receive one (1) bikini from Split (approximate retail value: $78). One (1) winner will receive one (1) one-piece suit from Venus (approximate retail value: $86). One (1) winner will receive one (1) bikini from Xhilaration (approximate retail value: $30). Total approximate retail value of entire prize package: $508. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

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(Canadian Post International Publications Mail Product [Canadian Distribution] Sales Agreement No. 40012499.) Canada BN NBR 10231 0943 RT. Send returns (Canada) to Bleuchip International, P.O. Box 25542, London, Ontario, N6C 6B2. Printed in the USA. Postmaster: Send address changes to *Seventeen* magazine, Box 8347, Red Oak, IA 51591-1347. Member: Audit Bureau of Circulations.

MAIN PHOTO: BLOSSOM BERKOFSKY.

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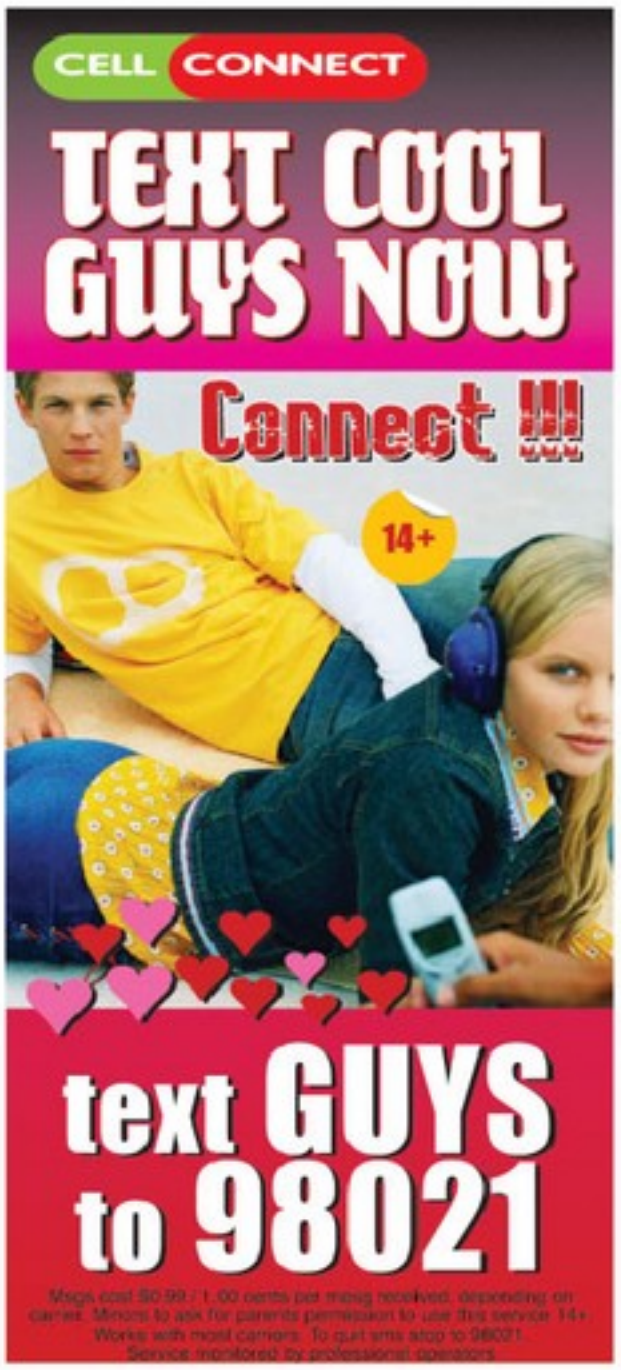














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horoscopes

by sally brompton

WEB EXTRA Check out your horoscope **every day** at seventeen.com/horoscopes.

gemini

May 21–June 20

Romantic Venus brings out your flirty side, and nearly every guy will take notice. (You'll have a new crush daily!) On June 19, when fun-loving Jupiter moves into your sign, one wild guy will stand out from the rest. Yeah, he's crazy, but once you get to know him, you'll see he *is* boyfriend material.

cancer

June 21–July 22

Your artistic nature will come out in a big way, especially on June 13, when imaginative Neptune gives you a boost. Pour yourself into that creative project close to your heart. When people at school see the final product around June 23, you'll floor *everyone* with your talents.

leo

July 23–August 22

You've been looking for a boyfriend, but affectionate Venus in your sign on June 5 will force you to notice someone who has been right in front of you all along. It will be *his* shoulder you cry on when the moon enters your sign on June 17—which will be just the start of a strong bond.

virgo

LIGHTEN UP, MISS PERFECTIONIST!

August 23–September 22

You can't help being a bit critical of that one friend—which is why the two of you will have a major falling out at the start of June. Talk it out before Mercury turns retrograde on June 15 and she misinterprets everything you say. Swallow your pride and be first to say sorry.

happy birthday! gemini

gemini girl is:
Witty, wacky, and a little wild.

your special trait:
You're really fun to be with.

your little secret:
You get nervous about everything!

best matches:
Leo, Libra, Aquarius.

best avoided:
Virgo, Scorpio, Pisces.

lucky days:
June 4, 11, 13.

libra

September 23–October 22

You're usually low-key, but the sun will bring out your optimistic side in June. You'll be radiating charm in all directions, and by the new moon on June 15, you'll be using that positive momentum to launch a cool idea you have for an end-of-school project. Success looks good on you!

scorpio

October 23–November 21

Mars will give you tons of energy, especially on June 4 and 21. It couldn't come at a better time: You'll study hard and finish school on a great note. Put some energy into making money: The stars say you'll hit the jackpot at the end of June (so you can *spend* hard too!).

sagittarius

BE BRAVE—THE STARS WILL GIVE YOU COURAGE!

November 22–December 21

The full moon on June 1 will bring an ego clash to a head: That jealous friend is about to go too far. Stand up for yourself—by the end of the month you'll have friends *and* a moon in your sign providing emotional support. You'll prove to everyone that you're not to be messed with.

capricorn

You're having the best month!

December 22–January 19

The moon in your sign on June 2 will make you feel a little neglected. Use some of that alone time to finish the school project you've been avoiding. Your social life will pick up, and around June 24, Mars will have you back in the spotlight—it's time people see how brilliant you really are.

WILL THIS MONTH BRING?

GOOD GRADES! · EXTRA CASH! · LOTS OF LOVE! · BAD BREAKUP! · FRIEND FIGHT!

aquarius

January 20–February 18

Brace your free-spirited self for a month of being on a short leash: A limited cash flow will keep you from doing a lot. Near June 9, Uranus will tempt you to borrow money, but don't do it. Instead think creatively: Plan an end-of-the-school-year bash at a friend's house rather than taking that pricey trip.

pisces

BEING ALONE WILL BE A VERY GOOD THING!

February 19–March 20

You'll get negative energy from a good friend around June 5, and the moon in your sign on June 9 will help you see you need to leave this friendship behind. But don't be *too* sad: The sun around June 21 will reveal a secret admirer, and *he* thinks you're perfect.

aries

REST UP MID-MONTH: YOU REALLY NEED A BREAK!

March 21–April 19

Mars in your sign will have you living fast and furious, with school events, parties, and family gatherings jam-packing your calendar. Someone cute will catch your eye on June 19, and a friend will get *insanely* envious. She may not want to see you happy, but after *this* crazy year, you deserve to be.

taurus

April 20–May 20

The guy you're drooling over just won't take the hint. And when the moon enters your sign on June 11, you'll be more than a little frustrated. What you *don't* know is that he likes you—but is intimidated by your big personality. On June 17 e-mail or text him: *That* will be all he needs to get the point!

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